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Tuesday, June 19, 2012



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Interlock rules to come with impaired laws

Legislation. First phase of new laws will come into effect July 1

 **JEREMY
NOLAI**
jeremy.nolais@metronews.ca

Drivers convicted under Alberta's incoming impaired-driving legislation could be forced to deal with the repercussions for years.

That's because the province announced as part of a rollout of the new laws, which many members of the legal community have deemed the toughest in Canada, guilty drivers will

be forced to partake in an interlock program.

Interlock devices require a driver to provide a clean breath sample through a dashboard device before gaining the ability to turn the ignition.

"The interlock device in other jurisdictions has been a proven way to change behaviours," Alberta Transportation Minister Ric McIver said Tuesday.

Mandatory interlock use will be required for a year following a first conviction, three years following a second and five years following a third. Drivers involved with the program will fork out approximately \$1,300 annually to use

the devices as well.

This all comes on top of indefinite licence suspensions for those who provide a blood-alcohol sample over .08 and three-day vehicle seizures for .05 blood-alcohol violations.

Calgarian Akash Brar believes the new interlock requirement is a good move. His brother, 20-year-old Arsh Brar, was killed in a collision involving an allegedly impaired driver in January.

"It's a safer system," Brar said. "With Checkstops, it's not only the people in one area, this would cover everyone."

More information about the new legislation is available at knowthelimits.ca.

Mexico beating 'a shut case'

Mexican officials believe a conviction is imminent in the beating of Calgarian Sheila Nabb

Magnotta back on home soil

Suspect in body-parts case arrived in Quebec, where he is expected to be charged with first-degree murder

Boomeranging back to the nest

Struggling to find work and overloaded with debt, children ages 20 to 34 return home to mom and dad

PAGE 34



Alberta Transportation Minister Ric McIver demonstrates how an ignition interlock device works during a rollout of new provincial impaired driving legislation Monday. JEREMY NOLAI/METRO

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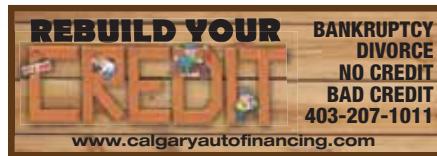
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Foothills. Resident calls illegal dumping 'rural version of graffiti'

Foothills resident Doug Fraser is tired of seeing his beloved countryside being treated as a dumping site for unwanted appliances and garbage.

Foothills municipality landfill manager John Deagle, who deals with roadside cleanups on a regular basis, said that in some cases it is clear that Calgarians are responsible for the garbage debris along the country roads.

Information found within the trash, such as papers with emergency contact numbers, their names and even prescriptions, identifies the culprits, said Deagle.

But without witnesses, Fraser said many culprits walk away without so much as a fine despite personal belonging revealing their illegal dumping activity. "In my opinion it is the rural version of graffiti," he laments.

In the wake of recent garbage finds, Fraser said he is willing to push the issue all the way to the provincial level to get higher fines and penalties implemented for illegal dumping. He believes this will discourage those who dump from using rural ditches and encourage them to use the city landfills.

Deagle agrees that roadside dumping is a major issue for the city. Having received four complaints on Monday morning alone, he said it's the municipal district that gets saddled with the cleanup bill.

Foothills Coun. Barb Castell said steps must be taken to discourage "disrespectful" garbage dumping, even requesting council to implement a reporting-reward system similar to Crime Stoppers.

CELESTE DE MUELENARE/for METRO



Mexican officials believe a conviction is imminent in the beating of Calgarian Sheila Nabb, seen with her husband, Andrew. The accused, Jose Ramon Acosta Quintero, inset, remains behind bars. METRO FILE

Government '99% confident' in Mexico-beating conviction

Court. Prosecution wraps after submitting new evidence in attack on Calgary's Sheila Nabb



JEREMY NOLAIIS

jeremy.nolais@metronews.ca

Prosecutors have wrapped their case in the violent beating of a Calgary woman at a Mexican resort and say the fact the accused has not been freed is proof he's guilty.

Calgarian Sheila Nabb, 37, was found lying naked in a pool of her own blood inside an elevator at the Hotel Riu Emerald in Mazatlan in January.

Days after the attack, area

resident Jose Ramon Acosta Quintero, 38, was arrested and charged with attempted murder.

"This is a shut case as far as we are concerned," Frank Cordova, secretary of state for Sinaloa state, which includes Mazatlan, told Metro. "I am 99 percent confident in a conviction."

Unlike typical court proceedings in Canada, Cordova said all evidence is delivered to a judge through written submissions — there is no formal trial. This process recently wrapped on the prosecution's end and Cordova accused Quintero's defence lawyers of "delay tactics" that are stalling what he calls an inevitable verdict.

"He (Quintero) is still in prison at this point and that means we will get a conviction, if not

attempted murder, at least assault and battery," Cordova said. "In my 20-year career, I have only seen one or two cases overturned at this point."

The secretary also alluded to additional evidence obtained in the weeks following the beating, which he claims included articles of Quintero's clothing that were covered in Nabb's blood.

The victim, who has returned to Calgary to continue her recovery, also submitted written testimony claiming Quintero has "similar characteristics" to her attacker, but that she could not definitely identify him, Cordova said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

The accused

- Requests by Metro for an interview with Quintero, who initially admitted to the beating but later claimed he was coerced into a confession, were declined and attempts to contact his legal representation were unsuccessful.
- If convicted of attempted murder, Quintero could be sentenced to 12 years in jail and would likely serve eight, Cordova said.

NEWS

On the web

Obesity surgery linked to alcohol abuse

Maybe looking good really does come with a price. A recent study found the most common type of obesity surgery may increase patients' chances of abusing alcohol. Go to metronews.ca to read the story.

Mobile news



Facebook just got a whole lot more tech savvy after purchasing a facial-recognition-technology company that helps people tag photos on the web by figuring out who is in them. Scan the code to read more.

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Hon. Gene Zwozdesky, Speaker of the legislative assembly, left, and Culture Minister Heather Klimchuk receive a time capsule that was buried under the east cornerstone of the Alberta legislature. LAURIE CALLSEN/METRO IN EDMONTON

Alberta legislature time capsule unearthed

Centenary celebrations. Capsule holds memorabilia from 1909 Alberta

 LAURIE CALLSEN
Metro in Edmonton

After more than a century, a small box filled with artifacts by people with big dreams once again saw the light of day at the Alberta legislature as a time capsule was unearthed Monday.

The time capsule was buried in October 1909 under the east cornerstone of the legislature.

"Today's unearthing of a little piece of history may

seem small, but its true magnitude is revealed when we consider that it (was) placed by those who could only dream of what we have become today," said Heather Klimchuk, Alberta's minister of culture.

The time capsule will be opened during the official centenary celebrations on Sept. 2, said Hon. Gene Zwozdesky, Speaker of the legislative assembly.

Until that date, the capsule will be displayed in the legislature rotunda, where Albertans will have an opportunity to guess the contents and voice their opinions on what should be placed in the next time capsule, to be buried for 100 more years.

LAURIE CALLSEN/METRO

Cities, province commit to charter talks

With signatures on the dotted line, the province and city officials from Edmonton and Calgary have committed to talks about the roles each government should play.

Minister of Municipal Affairs Doug Griffiths, along with Edmonton Mayor Stephen Mandel and Calgary alderman Jim Stevenson, signed a memorandum of understanding Monday committing to discussing city charters.

"Moving from 3.8 million people to 4.8 million people over the period of a decade

creates incredible challenges but it also creates incredible opportunities," said Griffiths.

"It's not just the Province of Alberta that has challenges in adapting to the growth, it's many of our municipalities."

Ald. Jim Stevenson, filling in for Mayor Naheed Nenshi, who was absent due to the recent death of his father, reiterated that which Nenshi has long advocated.

"This is the first step but it's a very, very important step that we have agreed that we need to talk about roles and responsibilities," said Stevenson.

Mandel said there are several issues cities need to discuss with the province including policing and growth.

"I think it's a bellwether day because our province is trying to find a way to work with us to come up with solutions to some of the major problems we face."

Griffiths said there's a possibility efficiencies will be found in service delivery when more clear roles are defined as to which level of government is responsible for what services.

KATIE TURNER/METRO

City-charter talks

- The first stage of the discussions will be completed by September, where issues will be identified.
- Between October 2012 and February 2013, solutions will be developed.
- The agreement will be presented for consideration in the spring of 2013.



Minister of Municipal Affairs Doug Griffiths, centre, speaks about city charters with Edmonton Mayor Stephen Mandel, left, and Calgary Ald. Jim Stevenson. KATIE TURNER/METRO

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Alert. Police continue investigations into two separate sexual assaults

Details are limited as Calgary police continue their investigation of two separate sexual assaults that occurred in the early hours of Sunday morning.

At around 2 a.m. Sunday, a 26-year-old woman was sexually assaulted by a man not known to her, along 17 Avenue Southeast near Deerfoot Trail.

The suspect is described as Caucasian, six feet tall with a slim build and with either a bald head or short brown hair. At the time of the offence, he was wearing a grey shirt and dark pants, police said.

In another incident, a 22-year-old woman was found sexually assaulted near

an apartment building in the 3300 block of Rideau Place Southwest.

According to Calgary Police Services, there have been a total of 243 sexual assaults reported since January. Of the incidents reported, 10 (approximately four per cent) were attacks in which the victim and the suspect were considered strangers.

Police are urging Calgarians to be vigilant when out alone by avoiding dark deserted places, being aware of their surroundings and always letting someone else know where they're going.

Anyone with information is asked to call police or Crime Stoppers.

METRO

Spreading disease. Whooping cough outbreak hits southern Alberta

An outbreak of the whooping cough in southern Alberta has health officials trying to contain the illness.

Thirty-six cases have been reported in roughly five and a half months, according to Dr. Vivien Suttorp, medical officer for health zone south.

But she believes it's under-reported due to the differences in symptoms.

"So those individuals are spreading the disease in the community but may not be a 'case' because they may not seek medical attention," she said.

Medicine Hat, Taber area,

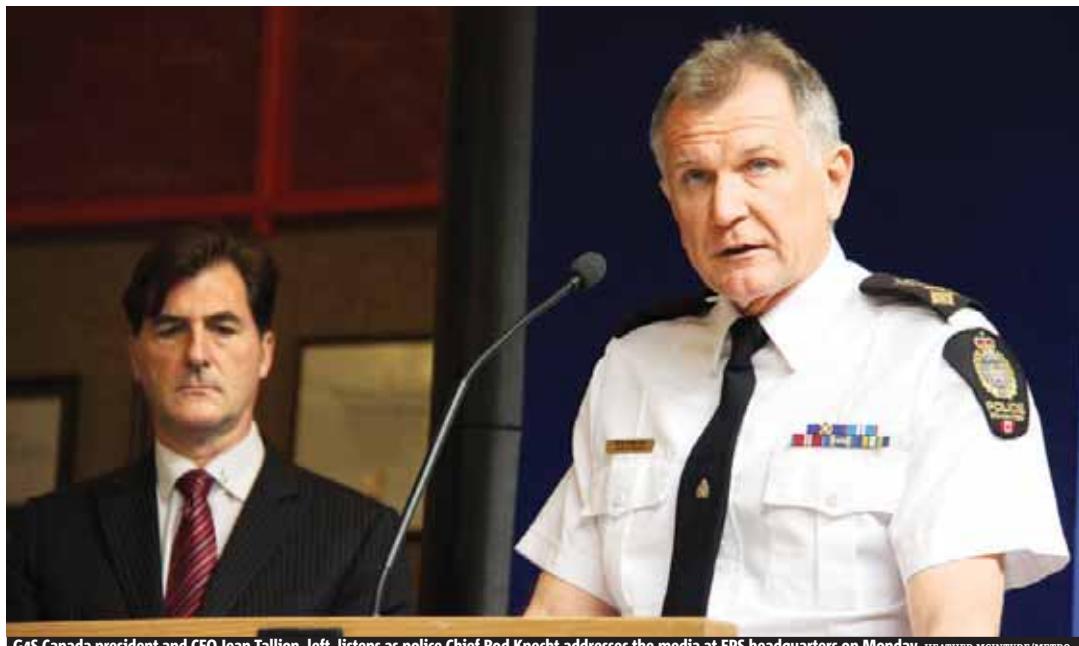
Summer travel

- Asked whether the outbreak could come to Calgary, Dr. Suttorp said it's possible due to summer travel.

and Lethbridge county all have confirmed cases. Areas with low immunization rates generally experience an outbreak every three to five years.

AHS said there are no reported cases in Calgary.

TESSA CLAYTON/FOR METRO



G4S Canada president and CEO Jean Tallion, left, listens as police Chief Rod Knecht addresses the media at EPS headquarters on Monday. HEATHER MCINTYRE/METRO

Accused in triple murder is co-operating, police say

Remanded. Suspect remains in B.C. but will be in Edmonton within next six days



HEATHER MCINTYRE

Metro in Edmonton

The accused in a triple murder could be back in Edmonton as soon as Wednesday, as investigators have wrapped up initial interviews with him in Langley, B.C.

Carnage

"Our investigators have described the scene as one of unimaginable carnage."

EPS police Chief Rod Knecht

"I can tell you that Travis Baumgartner is co-operating with our investigators and, based on this, we're completing numerous investigative tasks," Supt. Bob Hassel, of EPS' Criminal Investigation Division, said Monday.

A "thorough forensic examination" of Baumgartner's truck is done, said

Hassel, though police have not recovered his company-issued gun or body armour.

Baumgartner, 21, was detained Saturday while attempting to cross into the U.S. with approximately \$330,000.

He faces eight charges in a shooting at the University of Alberta's HUB Mall

Friday that left three fellow armoured-car guards dead and another in critical condition.

"I cannot begin to describe the shock and grief the G4S family is still feeling after the tragic event Friday," said G4S Canada president and CEO Jean Tallion.

G4S has brought in security experts for an internal look and will make any necessary changes, said Tallion.

Follow Heather McIntyre on Twitter @Metro_Mac



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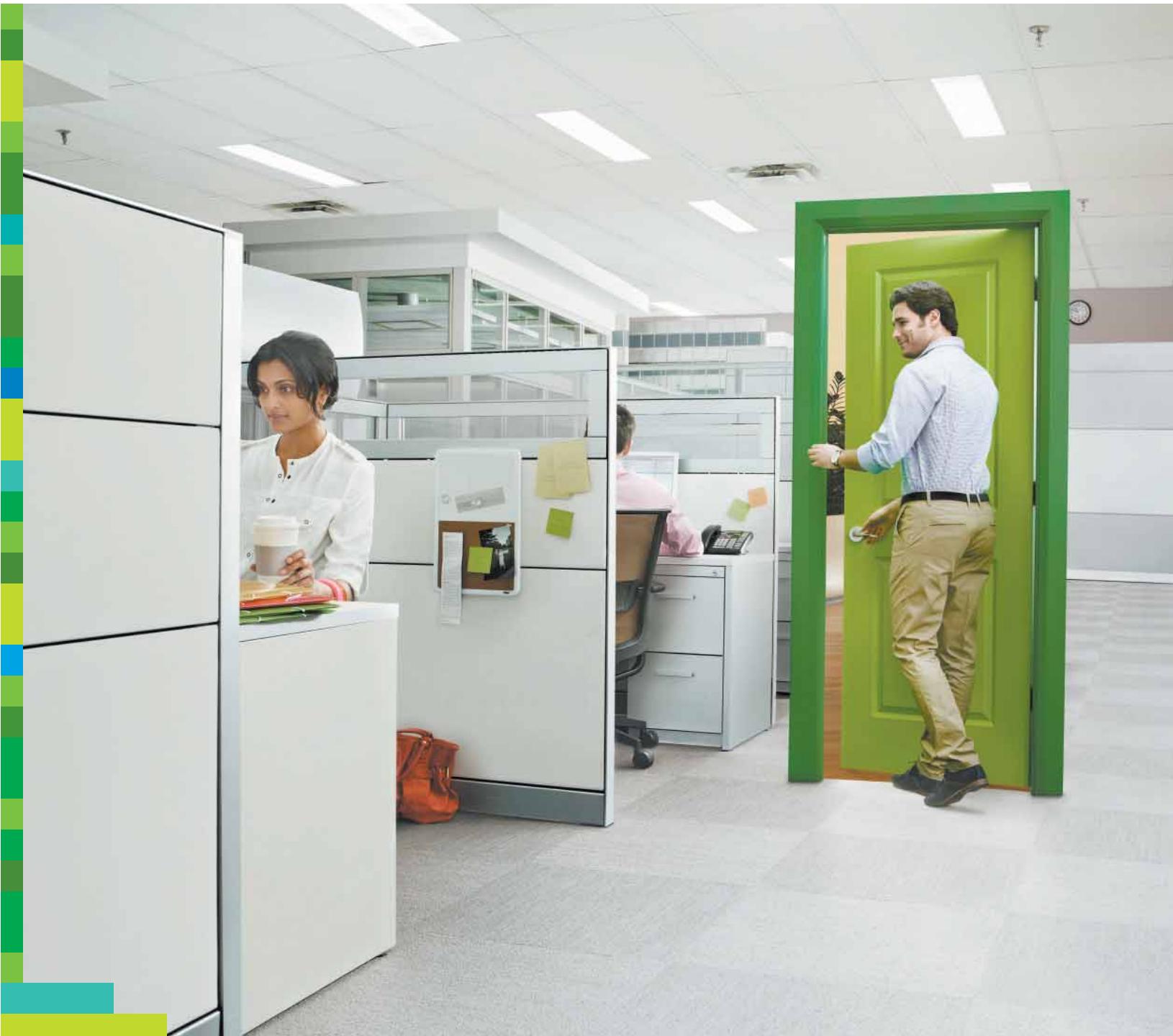
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WORKOPOLIS

Appointment

Province names new chief medical health officer

Dr. James Talbot has been named Alberta's new chief medical health officer, taking over from Dr. Andre

James Talbot
CONTRIBUTED

Corriveau. For the past eight years, Talbot has been an associate clinical professor at the school of public health at the University of Alberta.

His experience spans private practice and laboratory, hospital and government settings, including a stint as an associate health officer for Edmonton Capital Health.

Talbot, who grew up and studied in Alberta, was at one time the chief medical health officer for Nunavut.

THE CANADIAN PRESS

Southwest district

Fire under investigation

There were no injuries in a bungalow fire on Monday in the 3200 block of 25A Street SW. The cause is unknown and fire officials are investigating. METRO

Sentencing

Man earns jail time for pointing laser at copter

Calgarian Jason McConnell has been handed a six-month conditional jail sentence for pointing

a laser at a HAWC police helicopter in 2010.

He also faces six months of probation and must undergo counselling and perform community service.

This is the most serious penalty in city history for such an offence.

METRO

Excited Calgary fans gear up for Liverpool soccer tour

Visit. Liverpool Football Club is playing three games in North America this summer



KATIE TURNER

katie.turner@metronews.ca

Watching a soccer game in a pub at 5:30 a.m. doesn't quite compare to a live match surrounded by thousands of fans.

This summer, a group from Calgary will be cheering alongside fellow Liverpool supporters during the team's North American tour.

Some 25 members of the Calgary branch of the Liverpool Football Club Supporters will be heading to Toronto, Baltimore and Boston, and they can't wait.

"Boston is going to be the big one because not only are they going to be celebrating the 100th anniversary of Fenway Park, the Liverpool owners actually own the Red Sox as well," said Jared Gorai.

Liverpoolooza

- Liverpool plays Toronto FC at the Rogers Centre on July 21.
- Next up is Fenway Park in Boston on July 25, playing against AS Roma.
- The last stop is Baltimore on July 28 against Tottenham.

ai, one of the Calgary branch founders.

Club president Steve Taylor said the group will be meeting fans from many of the roughly 200 Liverpool FC Supporters clubs from around the world.

"There's a huge demand for the club when they come to the United States and Canada because of the number of supporters worldwide," Taylor said. "We've arranged to meet all the associated international branches at a bar in Boston."

Gorai said they're expecting about 20,000 Liver-



Calgary Liverpool Football Club Supporters will be among thousands of fans going to North American games next month. CONTRIBUTED/LARRY LEACH

pool supporters at the sold-out Boston game.

"When you get that many

fans, there's a euphoria. There's a massive wall of sound," he said. "Liverpool

fans are actually known to be the loudest fans in the world."

In total, there are about 165 members in the Calgary club.

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No marijuana vaporizers on WestJet planes, locals told

Concerns. Airline clarifies its stance on a device used on flights by chronic pain sufferers

 **JEREMY NOLAI**
jeremy.nolais@metronews.ca

No more marijuana at 30,000 feet.

That's the message from Calgary airline WestJet, which has clarified its stance on a device used aboard one of its flights last year by a group of local chronic pain sufferers.

"It has to do with how hot it (the device) gets," explained medicinal-marijuana user Lisa Kirkman, who was one of four people believed to be the first to smoke marijuana aboard a Canadian flight. "There is fear about that inside an airplane obviously... I understand."

Marijuana users are still able to use vaporizers — which produce little, if any, smoke, and no odour — in airport lobbies and can bring the devices aboard planes.

A WestJet spokesperson confirmed the airline's

Flight rules

- Carrying marijuana onto a plane requires a licence from Health Canada.
- The trip during which local travellers used a marijuana vaporizer also spurred the creation of a blog, vapesonaplane.ca, in which rules are clarified on where the devices can and cannot be used.

stance on the device; however, Transport Canada has not issued a directive, according to spokesperson Maryse Durette.

"As for the security screening process, vaporizers are not on the prohibited-items list and would therefore be accepted in a carry-on bag," Durette wrote in an emailed statement. "The Canadian Air Transport Security Authority should be contacted for more information on their process for screening such items."

Follow Jeremy Nolais on Twitter @Metro_Nolais



Lisa Kirkman is seen using her vaporizer near the WestJet check-in area at Calgary International last year. METRO FILE

Cowboy assures horse's health

When long riders plan an extensive trek on horseback, the primary concern is not their own comfort but the health and welfare of the horses they are relying on, said a man about to embark on a nearly two-year journey.

Filipe Leite said the truth about any long ride is that a healthy horse will ensure the safety and health of the rider.

"There are so many people out there who think that what I am doing is bad for them, but really it's not," said

Leite, who is planning a long ride from Calgary to Brazil. "We live in the 21st century, and not too long ago we used horses for nearly everything. They got us from point A to point B."

Leite's journey will cover 16,000 kilometres, and he says that he recognizes that the success of his trip is completely dependant on the health of his horses.

"My route is being drawn out with the horses' health in mind. We only ride four to

five days a week and only 30 kilometres a day," he said.

According to Veterinary Clinical Pharmacology professor, vet and accomplished endurance rider Trish Dowling, long rides like this are what horses are meant to do.

"People tend to anthropomorphize," said Dowling. "Many people underestimate the athletic capabilities of a horse. There is no humane issue here; this is really what they're designed to do."

JANE CAULFIELD/METRO IN SASKATOON



Filipe Leite has been riding and caring for horses for most of his life and will put his horse's health ahead of his own during his long ride from Canada to Brazil. CONTRIBUTED

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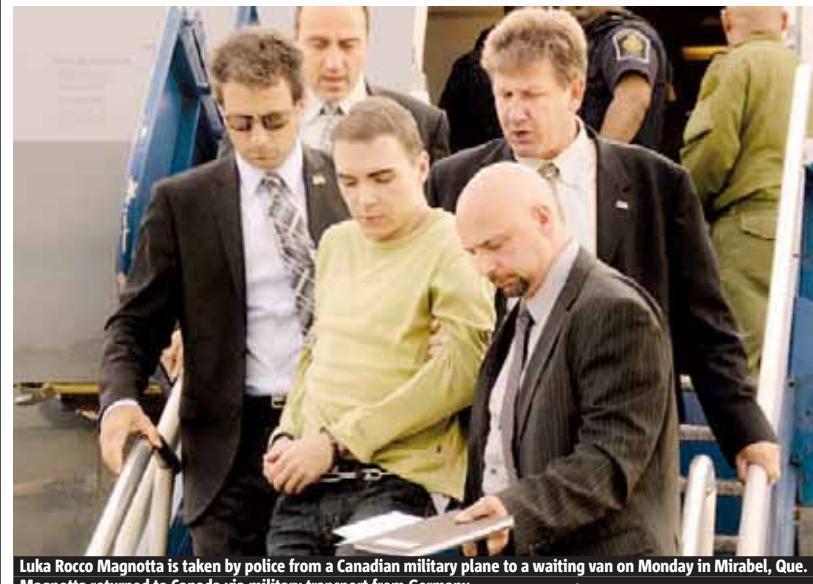
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Luka Rocco Magnotta is taken by police from a Canadian military plane to a waiting van on Monday in Mirabel, Que. Magnotta returned to Canada via military transport from Germany. MONTREAL POLICE/THE ASSOCIATED PRESS

Alleged killer Magnotta returns to face justice

Body-parts case.
Suspect arrives in Quebec, where he's expected to be charged with first-degree murder

Luka Rocco Magnotta, the lone suspect in a brutal Montreal killing that made headlines around the world, is back home to face justice on Canadian soil.

Magnotta landed aboard a military plane that took off from Germany, where the 29-year-old was arrested earlier this month following an international manhunt, and he arrived at Mirabel airport near

Montreal Monday evening. He arrived under a wall of security.

A convoy of emergency vehicles, with flashing lights, rolled out to meet Magnotta. A half-dozen men escorted him down the stairs off the plane, onto the tarmac, and into a minivan in the convoy. Standing nearby were armed guards, at least one carrying an assault weapon. Magnotta was being restrained on the plane, federal sources said. His fellow passengers on the military transport aircraft included officials and law enforcement from Canada and Germany, those sources added.

Magnotta is expected to face numerous criminal char-

Court appearance

The Quebec prosecutor's office said Magnotta would likely have to appear in court within 24 hours, in keeping with Article 503 of the Criminal Code.

ges, including first-degree murder. He could face a judge as early as Tuesday.

Magnotta was arrested in a Berlin Internet café after Montreal police issued a warrant for his alleged connection to last month's killing and dismemberment of Montreal university student Jun Lin.

THE CANADIAN PRESS

Omnibus

Tory budget implementation bill passes House of Commons

The Conservative majority has passed the government's sprawling budget implementation bill following a final evening of debate.

The vote in the House of Commons sends the 400-plus-page piece of legislation on to the Senate, where it will become law before the end of the week. The bill has been described by its detractors as a "kitchen sink" due to its massive grab-bag of measures.

THE CANADIAN PRESS

Right to die. Woman hails court ruling in her favour

Gloria Taylor says she's happy that she can now have the option to "die with dignity," but she still hopes to live a long life.

The 64-year-old West Kelowna, B.C., woman, who suffers from Lou Gehrig's disease, spoke publicly for the first time Monday since her landmark B.C. Supreme Court case that saw laws banning doctor-assisted suicide in this country deemed unconstitutional and discriminatory.

"It took a long time, and now, finally, we have emerged from the Dark Ages to realize that dying is a part of living," Taylor said.

Justice Lynn Smith sus-

pended her ruling for one year to allow Parliament time to make its next move, but granted an exemption that allows Taylor to seek doctor-assisted death during that period.

"(People) want to die peacefully," Taylor said, "not screaming in pain and not with the government in their bedroom."

Taylor said her condition has deteriorated to the point where she is losing her voice, needs a feeding tube and is restricted to her wheelchair, but she's made no decisions on when she'll contact a doctor and is living her life "one day at a time."

PHYLICIA TORREVILLAS/

METRO IN VANCOUVER

Man with no legs climbs Kilimanjaro

Redefine possible.

Spencer West climbs Africa's tallest and most famous mountain

 **Elisha Dacey**
Metro in Winnipeg

An American man who challenged tens of thousands of Canadian teens to redefine

their possible last year has done the same thing for himself.

Spencer West, who lost both his legs due to a genetic disorder when he was five and walks using his hands, reached the summit of Mount Kilimanjaro on Monday.

"It's dark right now, but the view was spectacular," said West, speaking to Metro from the top of the mountain by satellite phone.

Seven day climb

West has helped raise more than \$500,000 for Free the Children during the climb. It will take about two days to get back base camp.

- He spent 80 per cent of the climb walking on his hands; the rest in his chair or strapped to a team member's back.

"We're exhausted right now and I'm sure once we're rested I'll be able to talk about things in a more inspiring way," he joked.

West is a motivational speaker with Me to We, part of Free the Children, a Canadian charity that fights for the rights of children around the world. Last year, he participated in We Day, a day of stories, music and speeches that empowers teenagers.



Spencer West leads the expedition on Mount Kilimanjaro on Day 6.
METRO/FREE THE CHILDREN

Chilliwack, B.C. Hang-gliding pilot to be tried in April on obstruction-of-justice charge

A hang-gliding pilot will stand trial next year in connection with the death of a woman who plunged to her death over the Fraser Valley in April.

William Jon Orders appeared in Chilliwack court on Monday, and his court date has been set for next April 15th.

He is charged with obstructing justice.

Lenami Godinez-Avila plunged 300 metres from the tandem hang glider Orders was flying.

Police have accused William Jonathan Orders of swallowing a memory card from his hang-glider's camera after Godinez-Avila fell to her death.

The victim, 27, was taking the tandem hang-gliding trip as a celebration of her second-year anniversary with her boyfriend.

In May, Orders made a public apology to the woman's family and friends for the incident, saying he "panicked" in the moments after the accident.

When Orders set out to take the young woman soaring through the skies over scenic British Columbia,



William (Jon) Orders leaves a courthouse in Chilliwack Monday.
JONATHAN HAYWARD/THE CANADIAN PRESS

his goal was to give her an "amazing adventure" and "lots of smiles."

Instead, the 50-year-old acknowledged last month that he "failed in a major way."

"I want so much to relive that day and to have it turn out differently," he said of the accident in a statement obtained recently by The Canadian Press.

THE CANADIAN PRESS

Winnipeg

Several people injured by bear spray

Several people, including a baby, needed medical attention after bear spray went off in a tent at the Red River Exhibition in Winnipeg on the weekend.

Police say the five-month-old infant and a dozen others were hit with the spray while inside a first-aid tent on Sunday.

No one was seriously injured.

Charges are pending against three boys, ages 12 and 13.

THE CANADIAN PRESS

Corruption inquiry

Quebec construction industry like a cartel: Witness

A star witness at Quebec's corruption inquiry delivered a long-awaited torrent of names as he testified Monday about a construction industry rife with wrongdoing.

Jacques Duchesneau described an industry that operated like a cartel when it came to public works — fixing prices, driving up costs and squeezing out honest competitors. Collusion was made easier by an underqualified civil service. THE CANADIAN PRESS

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Media and devil fuelling Vatileaks scandal: Cardinal

Holy See. Vatican Secretary of State, Cardinal Tarcisio Bertone critical of journalism on leaked documents

Devil at play

"The truth is that there's a will to create division that comes from the devil."

Cardinal Tarcisio Bertone

power struggles and scandals inside the Catholic Church.

The Vatican has been on the defensive ever since sensitive documents alleging corruption and exposing power struggles began appearing in the Italian media in January.

A recent book containing dozens of documents from Pope Benedict XVI's own desk has compounded what many see as a plot to undermine Cardinal Bertone's authority.

Several top Vatican officials have castigated the media for fuelling the scandal, and, to be sure, Italian

newspapers in particular have been on a feeding frenzy reporting details of the Vatican's investigation into the leaks that the Vatican spokesman routinely shoots down.

Pope Benedict XVI himself has complained about media reports that "went well beyond the facts, offering an image of the Holy See that doesn't correspond to reality." Bertone's interview took the complaints to a new level, blasting the "vehemence" of some Italian newspapers.

Bertone admitted the Holy See isn't perfect and that "none of us wants to hide the church's shadows and defects."

But he said the Italian media in particular had gone too far, violating the privacy rights of both the pope and the people who correspond with him.

THE ASSOCIATED PRESS



Protesters demand Nepal's PM step down

Supporters from the opposition Nepali Congress party shout slogans during a protest in Katmandu, Nepal, Monday. Hundreds of protesters demanded the resignation of Nepal's prime minister attacked his motorcade with stones and clashing with riot police. Opposition parties want the PM to step down so a new government can conduct elections later this year. BINOD JOSHI/THE ASSOCIATED PRESS

Man beheads daughter: Police

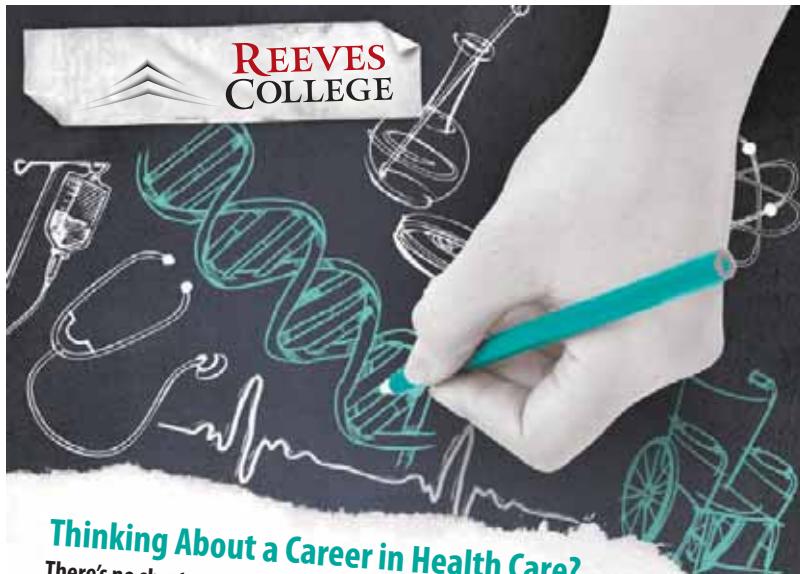
Police say a man upset over his daughter's lifestyle chopped her head off with a sword and then paraded it through his village before surrendering to authorities in western India.

Marble miner Ogad Singh's 20-year-old daughter had been living with her parents in the Rajasthani village of Dungarji after leaving her husband two years ago.

Police superintendent

Umesh Ojha says Singh was upset by his daughter allegedly having affairs with men, and became enraged when she eloped with one of them two weeks ago.

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Islamist claims win in Egypt's presidential election



Egyptian supporters of Islamist candidate Mohammed Morsi chant slogans as they celebrate his apparent victory in Tahrir Square, Cairo, on Monday.

MANU BRABO/THE ASSOCIATED PRESS

Election. Egyptian military moves to retain power, undermining victory claimed by Mohammed Morsi

Islamist candidate Mohammed Morsi declared victory Monday in Egypt's first free presidential election since Hosni Mubarak's ouster 16 months ago. But just as polls were closing, the ruling military council issued constitutional amendments that gave sweeping authority to maintain its grip on power and subordinate the nominal head of state.

After the last-minute power grab Sunday night, the ruling Supreme Council of the Armed Forces (SCAF) pledged Monday to honour its promise to hand over power to the newly elected president by the end of this month. But the constitutional amendments stripped the president of almost all significant powers. The military decreed that it will have legislative authority after a court dissolved parliament, it will control the drafting of a new constitution and will not allow civilian oversight of its sig-

U.S. reaction

In Washington, Pentagon spokesman George Little urged the ruling military to transfer full power to a democratically elected civilian government, as it pledged to do in the past.

• "We are deeply concerned about the new amendments to the constitutional declaration, including the timing of their announcement as polls were closing for the presidential election," said Little.

nificant economic interests or other affairs.

Morsi represents the Muslim Brotherhood, an Islamic fundamentalist group that has emerged as the most powerful political faction since the uprising. The Brotherhood's Freedom and Justice Party rejected the constitutional declaration, saying it was no longer within the authority of the military council to issue such a decree with less than two weeks left for the transfer of power.

THE ASSOCIATED PRESS

Gunfight. Militants burst across Israeli border, kill 1

Militants crossed from Egypt's turbulent Sinai desert into southern Israel on Monday and opened fire, killing an Israeli worker, defence officials said. Two assailants were shot dead in a gunbattle with Israeli troops responding to the ambush.

The Israeli was in a crew building a fence along the porous desert border.

No group claimed responsibility for the attack, which underscored the growing

lawlessness in the Sinai desert since longtime Egyptian President Hosni Mubarak was toppled by a popular uprising last year.

Several hours after the attack, an Israeli airstrike killed two men on a motorcycle in the northern Gaza Strip near the Israeli border. The Islamic Jihad said the men were members on a "reconnaissance" mission and vowed revenge.

THE ASSOCIATED PRESS

Syria

Russia concerned for citizens, base

Syrian forces shelled the central city of Homs on Monday during a fierce offensive to root out rebels as the country's most important ally, Russia, appeared to show growing concern over President Bashar Assad's future.

Russia's Interfax news agency reported that two Russian navy ships are prepared to head to Syria to protect

Russian citizens and a naval base there.

"We won't abandon the Russians and will evacuate them from the conflict zone, if necessary," Maj.-Gen. Vladimir Gradusov was quoted as saying. Each ship is capable of carrying up to 300 marines and a dozen tanks, according to Russian media reports.

That would make it the largest known Russian troop deployment to Syria, signaling that Moscow is becoming increasingly uneasy about Syria's slide toward civil war.

THE ASSOCIATED PRESS

Syria

West avoids Syrian intervention

The U.S. has spent months disparaging Russia for blocking strong UN action against Syria and standing by President Bashar Assad as his forces lay waste to rebellious cities. Russia's stance is convenient for Washington and its allies, which have their own reasons for avoiding direct intervention in another conflict. THE ASSOCIATED PRESS



Protesters rally against the Syrian regime and Russia's support of President Bashar Assad in Lebanon, Sunday. THE ASSOCIATED PRESS

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Sweet relief from the scorching heat

A boy jumps into a water canal to cool off in Amritsar, India, Monday. Light rain in most parts of the northern region provided much relief to people from the scorching heat. ALTAF QADRI/THE ASSOCIATED PRESS

Mr. Ugly misses out on modelling

Dubious honour.

Zimbabwe man beat out four other ugly men to land title, \$100 and a night at a hotel — which he exchanged for food money

are township of Mbare. The victory has made him a local celebrity, but the modelling offers he thought he'd be getting aren't yet pouring in.

"I was expecting to do some adverts and some modelling if I was asked. But I'm still poor, still carrying loads of cabbages onto buses," he said. "I am ready to show the world my gift. Being ugly is not a curse. It's a gift God gave me and I'm proud of it. My face makes me special and I am not making any excuses about it."

Organizers say they started the pageant as a novel way to entertain audiences.

When he smiles, it looks like he is crying or in pain, his fans say. His wife, Alice



William Masvinu, winner of the Mr. Ugly competition in Zimbabwe.
THE ASSOCIATED PRESS

Chabanga, isn't concerned about his looks.

THE ASSOCIATED PRESS

Thailand. Topless art stirs debate

An episode of Thailand's Got Talent has stirred a morality debate after a contestant painted a canvas using her bare breasts, drawing a rebuke from the culture minister who called it shocking.

Sukumol Kunplome summoned the show's producers Monday, saying that nudity on public television is not considered appropriate in Thai society.

The 23-year-old removed her shirt, doused her torso with multicoloured paint and used her body as a paintbrush while dance music played in the background. THE ASSOCIATED PRESS

An archeologist says he found the oldest piece of rock art in Australia and one of the oldest in the world: an Aboriginal work created 28,000 years ago in an Outback cave.

The dating of one of the thousands of images in the Northern Territory rock shelter known as Nawarla Gabarnmang will be published in the next edition of the Journal of Archaeological Science.

University of Southern Queensland archeologist Bryce Barker said Monday that he found the rock in June last year but only recently had it dated at New Zealand's University of Waikato radiocarbon laboratory.



Ancient Aboriginal rock art found in Australia. THE ASSOCIATED PRESS

Australia. Aboriginal art dated 28,000 years old

Ex-suspect sues over travel insurance claim

\$3.5M. Man held for months in Aruban jail after travelling companion vanished says AMEX has 'duty' to pay death benefit

An American who was suspected in the presumed death of his travelling companion in Aruba is suing to collect on a travel-insurance policy issued in the woman's name.

Gary Giordano says in a lawsuit that AMEX Assurance Company is required to pay him \$3.5 million under the terms of a policy purchased before last summer's trip. He says in the suit that his companion, Robyn Gardner, is presumed dead following her Aug. 2 disappearance and that the insurance company has a "duty to pay the full death benefit" to him.



Robyn Gardner, left, and Gary Giordano. THE ASSOCIATED PRESS

Giordano was held for months in an Aruban jail on suspicion of being involved in Gardner's disappearance, and the insurance policy's existence had caught the attention of investigators. But an Aruban judge ordered him released in November, saying prosecutors didn't have enough evidence to continue holding him. Giordano has denied wrongdoing and says Gardner was swept out

to sea as the two snorkelled, though her friends and family have expressed doubt about that statement.

He says in the lawsuit that Gardner was covered under a July 27 policy that afforded \$3.5 million in benefits in the event of accidental death or dismemberment. Giordano said the lawsuit speaks for itself and declined further comment.

THE ASSOCIATED PRESS



Typhoon hits Philippines

A boy pedals his bicycle along a flooded street in suburban Malabon, north of Manila on Monday. Heavy rains triggered floods in several areas in the city, forcing some schools to suspend classes in the morning as powerful typhoon Guchol exited the country towards southern Japan. AARON Favila/THE ASSOCIATED PRESS

Ukraine. Jailed former PM now faces murder charges

Ukraine on Monday defied Western pressure to end the prosecution of the imprisoned former Prime Minister Yulia Tymoshenko, with a top prosecutor saying she will be charged in connection with a murder from 16 years ago.

The statement is likely to draw further anger from the United States and the European Union, who have condemned Tymoshenko's seven-year jail sentence as politically motivated. Top EU officials are already boycotting the European soccer championship matches hosted by Ukraine this month because of the Tymoshenko case.

The ex-premier, a charismatic heroine of Ukraine's 2004 Orange Revolution, alleges President Viktor Yanukovych, a longtime foe, threw her in jail to bar her from par-



Yulia Tymoshenko THE ASSOCIATED PRESS

'Mini al-Qaida cell'

U.S. man pleads guilty to conspiracy

A U.S. man accused of trying to start what prosecutors called "a mini al-Qaida cell" pleaded guilty Monday to federal charges of conspiracy and providing material support to a terrorist organization.

THE ASSOCIATED PRESS

Philippines

Terror financiers to be punished harshly

Philippine President Benigno Aquino III signed a law Monday that makes terror financing a crime with a long prison term in a nation hit with attacks that continues to battle al-Qaida-linked militants.

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Doctors protest refugee health-care cuts

Services end June 30.

Feds' program puts new immigrants at risk, health-care professionals say

Doctors threw on their white coats Monday and rushed to Parliament Hill, which they say is the scene for the start of a national medical emergency. Deteriorating refugee health.

Hundreds of medical professionals are protesting government cuts to the interim federal health program, which provides extended health-care benefits to people while they await having their refugee status approved.

"We are launching into an uncontrolled, disastrous human-health experience by arbitrarily denying life-saving medical care to some of the most vulnerable and traumatized people in the whole world," said Dr. Mark Tyndall, the head of infectious diseases at the Ottawa hospital during a passionate news conference.

"And for what? Further isolation and suffering, the spread of infectious diseases, increased wait times at our hospital emergency departments. Canada is way better than this."

Protests were held across the country in response to the cuts, which were announced by the government in April.

The benefits include prescription drugs and vision and dental care and will expire on June 30.

Most will only receive only urgent or essential care.

Those whose refugee claims are rejected, or who come from countries deemed safe by the federal government, will only be treated if they pose a threat to public health.

For both categories, medications will be paid for only if they treat or prevent a public-health issue.

A committee in the Immigration department will determine which services meet the definition of treating or preventing public-health risks.

The Conservatives argue the extended benefits are better than those received by most Canadians.

"These families will have the same coverage as regular, tax-paying Canadian families," Immigration Minister Jason Kenney said.

"They get an open work permit from which they make income to help pay for any additional things like dental, eye care or supplementary pharmaceuticals."



Doctor Nora McBean of the South East Ottawa Community Centre joins fellow protesters as they rally on Parliament Hill in Ottawa Monday regarding planned cuts to the refugee medical program. SEAN KILPATRICK/THE CANADIAN PRESS

Bottom line vs. vulnerability

- The government estimates that the cuts will save about \$20 million a year for the next five years.
- Critics argue that the cuts fail to take into account the fact that refugees arrive in Canada suffering from the ill effects of malnutrition, violence and, in some cases, torture, and require sustained medical assistance they can't afford on their own.

Jinny Sims, the NDP's immigration critic, said there are some Canadians who do receive the benefits set to be denied to refugees — those on social assistance or disability programs.

Sims said refugees should be considered akin to those Canadians.

"It once again goes back to how are we going to treat the most vulnerable," she said.

"Nobody is really out there saying that the refugees who arrive get health-care benefits people who are on social assistance don't get."

But Kenney said resettled refugees get income support, free integration services and job-search programs, all of which the government is increasing. He also said there is a network of non-profit groups who also help.

"There's quite an array of public services available to people," he said.

The Conservatives also argue good health-care benefits attract bogus refugee claims, and those people are able to take advantage while they wait for their claims to be processed.

Tyndall said the government is playing politics.

"Canadians are smarter than this. This is an attack on our entire health-care system."

THE CANADIAN PRESS

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Autopsy results in Rodney King drowning will take several weeks

Cause of death. Tests will show whether King, who had struggled with addiction, had drugs or alcohol in his system

Investigators conducted an autopsy Monday on Rodney King's body, but it is expected to take several weeks to determine what killed the man who became famous after he was severely beaten by Los Angeles police in 1991, officials said.

Coroner's officials will await results from toxicology tests that could take up to six weeks to gather before determining how the 47-year-old King died. He was pulled from the deep end of his pool early Sunday morning by police who were called to his home by his fiancée.

King's beating was captured on videotape and broadcast worldwide, as

were photos of his bloodied and bruised face.

The more than 50 baton blows and kicks inflicted by officers left King with 11 skull fractures, a broken eye socket and facial nerve damage.

The trial of four officers charged with felony assault in connection with the case ended after a jury with no black members acquitted three of the officers on state charges in the beating; a mistrial was declared for a fourth.

The verdict sparked one of the most costly and deadly race riots in the nation's history.

Rialto police were investigating King's death as an apparent drowning and said they have found no signs of foul play. King's fiancée spoke with police for several hours Sunday and is considered a witness in the case, Rialto Police Officer David Shepherd said Monday.

THE ASSOCIATED PRESS

Ongoing investigation

- A police officer remained stationed outside of King's one-story home throughout the day Monday, with several news crews also remaining in the neighbourhood. Cars slowed to look at the house and some stopped for passengers to snap photos, but no memorial to King had been created at the residence.
- Toxicology results will show whether King, who struggled with addiction throughout his life, had any alcohol or drugs in his system.
- Police have said there were no signs of alcohol or drug paraphernalia near the pool. Officers were seen taking a marijuana plant out of the house Sunday.



Rodney King's two daughters, Candice, left, and Lora, second from left facing forward, comfort each other as they are accompanied by King's former body guard Johnnie Kelly, right, and an unidentified woman near King's home in Rialto, Calif., on Sunday. JAE C. HONG/THE ASSOCIATED PRESS

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Ottawa rebukes UN over Quebec's Bill 78

Human rights.
Conservatives defend province's right to legislate protests

The Charest Liberals and Harper Conservatives formed a united front Monday in condemning a United Nations agency for its criticism of Quebec's controversial Bill 78.

The latest spat, the second in recent weeks between the federal government and a branch of the UN, also sparked debate over who is responsible for the growing divide between Canada and the world body.

United Nations High Commissioner for Human Rights

Navi Pillay said Monday she found the controversial Quebec law to be part of an alarming trend.

The law sets rules for gatherings of more than 50 people, requiring organizers to provide eight hours' notice of the itinerary and length of the event.

Pillay expressed her opinion of the Quebec law in a single paragraph of a long speech in Geneva during which she lamented rights violations in places such as North Korea, Zimbabwe and South Sudan.

"Moves to restrict freedom of assembly in many parts of the world are alarming," she said.

"In the context of student protests, I am disappointed

Canada's loss

- The NDP's foreign affairs critic Paul Dewar said Monday the latest clash between the Tories and the UN was part of a "dangerous trajectory" that dates back to Canada's historic failure to win a temporary two-year term on the powerful security council two years ago.

by the new legislation passed in Quebec that restricts their rights to freedom of association and of peaceful assembly."

Quebec Premier Jean Charest called it rich that the criticism came from an agency

based in Geneva, a city with its own much tougher protest laws.

"It's ironic ... that they're criticizing a law that requires eight hours' notice before a protest and an itinerary, when in Geneva — where the United Nations office is — it's 30 days' notice that they require," Charest told reporters at the global environmental conference in Rio de Janeiro.

"So we're not as severe as the place that hosts the United Nations. We're more supple, and more permissive."

Industry Minister Christian Paradis, the government's Quebec lieutenant, took Pillay to task for avoiding other, more serious human rights abuses in places such as Sri



UN human rights chief Navi Pillay delivers a statement during a session of the Human Rights Council in Geneva on Monday. THE ASSOCIATED PRESS

Lanka, Iran and Belarus.

Foreign Affairs Minister John Baird also said he was disappointed Pillay mentioned Canada.

"Quebec is a very demo-

cratic place, subject to the rule of law," Baird said. "People can challenge the government's decisions in court so I stand behind the government of Quebec. THE CANADIAN PRESS

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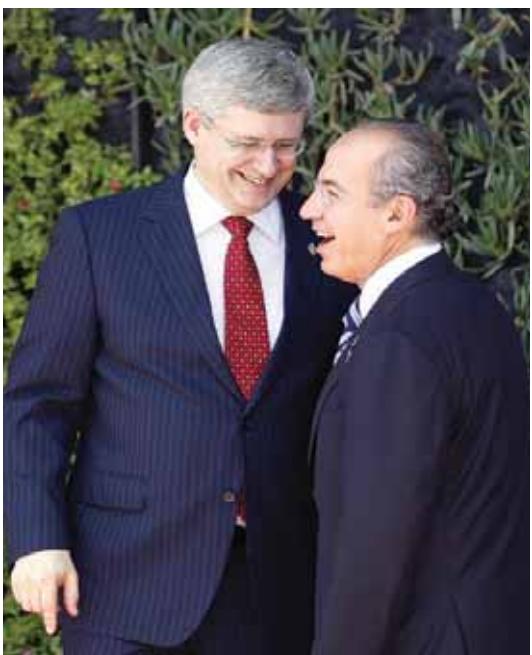
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Prime Minister Stephen Harper is greeted by Mexican President Felipe Calderon as he arrives at the G20 in Los Cabos, Mexico, on Monday.

ADRIAN WYLD/THE CANADIAN PRESS

Canada eyes entry in trade talks as G20 summit ends

Making the grade?

Rumours abound that Canada will be allowed to join Trans-Pacific Partnership talks

Mexico's inclusion in a round of major trade talks may bode well for Canada's own hopes of getting a seat at the negotiating table.

But Prime Minister Stephen Harper played coy Monday when asked if his government will be asked to pull up a chair — possibly by the summit's end on Tuesday.

"We're delighted that Amer-

icans and others have indicated an interest in seeing Canada join the Trans-Pacific Partnership," Harper said. "I think for now I'll just leave it at that."

Rumours and chatter abound at the G20 summit in the Mexican oceanside resort of Los Cabos that Canada will be allowed to join the negotiations on Trans-Pacific Partnership, a deal many believe will have more economic strength than the North American Free Trade Agreement.

The governing Conservatives have been lobbying the Obama administration for months to grant Canada admission to the talks.

Harper even dispatched his trade minister, Ed Fast, around the globe to drum up support

for a seat at the table.

The Globe and Mail reported that no less than the prime minister's own chief of staff, former Bay Street executive Nigel Wright, has taken the lead on the file, which the newspaper says irked some members of the Conservative cabinet — although Fast's office says the minister didn't feel slighted — but giving a clear indication of the importance Harper puts on the trade talks.

Some analysts interpreted the inclusion of only Mexico in the negotiations as a rebuke. But it may well be that since Mexico is hosting this week's G20 summit, it would be asked to the talks before Canada or Japan, which has also been vying to get in. **THE CANADIAN PRESS**

Economic crisis

Eurozone struggles to find fixes

Greece's election result has eased fears of imminent financial disaster for Europe, but the continent's leaders are still searching for a way to contain a debt crisis that threatens the global economy.

Europe is struggling to put out several fires, not just the one in Greece. Heavily indebted Spain and Italy are saw their borrowing costs rise Monday, increasing pressure on their government finances and keeping alive fears that another big bailout might be needed.

The eurozone's challenges run deep. The economy is expected to shrink this year, with the so-called peripheral countries like Greece and Spain in painful recession. Many of its banks remain on life support, propped up by emergency credit. **THE ASSOCIATED PRESS**

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StatsCan. Despite economic growth, family incomes remain stagnant: Report

The growing economy hasn't done very much to boost Canadian incomes, a new report from Statistics Canada confirms.

The agency reported Monday that median, after-tax income for families of two or more amounted to \$65,500 in 2010, virtually unchanged from 2009 or the year before after adjusting for inflation.

The result was slightly better for two-parent families with children. That segment saw median, after-tax income grow to \$78,800 from \$77,200 the year before.

There was no data from 2011, but weekly wages and other income reports suggest that there would likely be little

Negative outlook

"Something is not working here — this is not a positive report."

Economist Benjamin Tal

improvement last year as well, analysts said.

The latest reading follows a report last week that showed average household debt in relation to disposable income had risen to a record 152 per cent at the end of 2011. Statistics Canada noted that the rise in the debt ratio was not due to Canadians borrowing more, but to stagnant incomes.

THE CANADIAN PRESS

Microsoft unveils new tablet computer, Surface

Competitive edge.

Decision to make its own tablet a departure for the company, which usually focuses on software

Microsoft has unveiled Surface, a tablet computer to compete with Apple's iPad.

CEO Steve Ballmer was on hand to announce the new tablet, calling it part of a "whole new family of devices" the company is developing.

One version of the device, which won't go on sale until sometime in the fall, is 9.3 millimetres thick and works on the Windows RT operating system. It comes with a kickstand to hold it upright and a touch keyboard cover that snaps on using magnets.

The device weighs under 1.5 pounds and will cost about as much as other tablet computers. Its debut is set to coincide with the upcoming fall release of Microsoft's much-anticipated Windows 8 operating system.



Microsoft's Panos Panay holds a credit card to compare the thickness of the case for the new Surface tablet computer on Monday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

ating system.

Steven Sinofsky, president of Microsoft's Windows division, called the device a "tablet that's a great PC — a PC that's a great tablet."

A slightly thicker version — still less than 14 millimetres thick and under two pounds — will work on Microsoft's upcoming Windows 8 Pro operating system and cost as much as an Ultrabook, the company said.

The pro version comes with a stylus that allows users to make handwritten notes on documents such as PDF files.

Microsoft has been making software for tablets since 2002, when it shipped the Windows XP Tablet PC Edition. Many big PC makers produced tablets that ran the software, but they were never big sellers. The tablets were based on PC technology, and were heavy, with short bat-

Market Minute

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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 29, 2012. PLEASE QUOTE: "Graphic Designer - Calgary" in the subject line. All submissions will be treated as confidential.

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Microsoft didn't say how long the Surface would last on battery power.

Microsoft's decision to make its own tablet is a departure from the software maker's strategy. With personal computers, Microsoft was content to leave the design and marketing of the hardware to other companies that licensed the Windows operating system and other software applications.

Whatever Microsoft's motives, the company's tablet plans risk alienating some of its longtime partners in the PC industry.

THE ASSOCIATED PRESS

VALIDATING OUR LIVES THROUGH THE LENS



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently went on a holiday to the sun-soaked Greek island of Santorini. We'll call it a working vacation since I was on bridesmaid duty for my best friend's wedding. Needless to say, it was phenomenal. The picturesque surroundings and memorable milestones warranted countless photo opportunities.

While away, I found myself capitalizing on any opportunity for free Wi-Fi so that I could go online to post real-time updates and digital snapshots for my friends and followers back home. Because if you don't record it, upload it, share it and tweet it — did it even really happen? Nobody asked me about my trip when I returned; they had seen it all thanks to my jealousy-inducing stream of Instagram activity.

When I was younger, I used to pore over my mother's photo albums filled with weathered snapshots of her on beaches and in fields looking perfectly dishevelled, dressed in her 1970s hippie garb. The photos are rinsed in sepia tones, the images are grainy, the edges blurred.

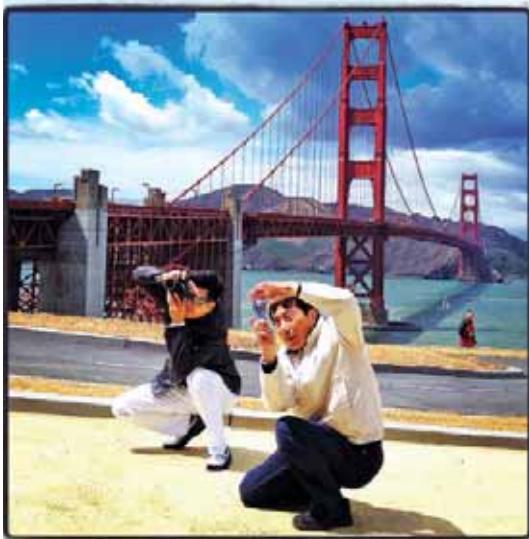
Thanks to apps like Instagram and Hipstamatic, I have thousands of faux-analogue images with those same qualities but without any of the authenticity. Flaws and colour saturations that were once accidental have been applied so meticulously in order to make the perfect imperfect image.

Today, our mundane realities are manipulated, elevated and given a veneer of artistry with a strategically applied "Valencia" filter. For anyone who has ever wanted to experience a false sense of nostalgia for a time before they were even born, there is indeed an app for that.

Outside the smartphone realm, Urban Outfitters has reintroduced Lomography and Holga cameras to the masses, creating an entire cottage industry by selling an idealized retro aesthetic to a new generation of shutterbugs. Except, this time around, those prints aren't treasured keepsakes stored in leather-bound albums; they're digitized, categorized, Tumbled and hashtagged until they become something else entirely.

All photographs are inauthentic in a way. By capturing an instant in time, the boundaries of those realities are cropped, the subjects' poses suggesting acute awareness of their being snapped. The very act of taking photographs makes experiences staged and, in turn, less real.

While I delight in the preservation of memories, I believe in the importance of leaving the camera (and the iPhone) at home sometimes, even when you're on vacation. We need to remind ourselves to be fully present in our unfiltered realities, to enjoy the fleetingness of life and to let our memories be all that we take away.



Tourists take photos in front of the Golden Gate Bridge in San Francisco in this file photo. The image was created using the iPhone 4S with Instagram's 'LoFi' filter. JUSTIN SULLIVAN/GETTY IMAGES

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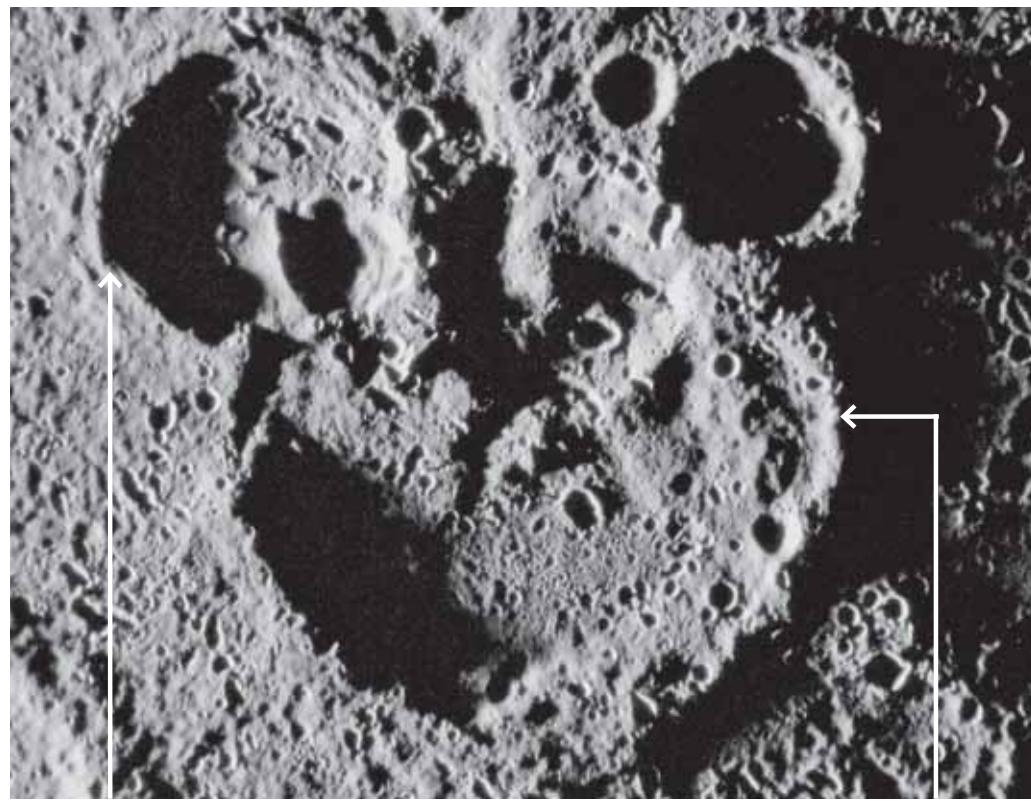
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Mercury is sooo Mickey Mouse



NASA/JOHNS HOPKINS UNIVERSITY APPLIED PHYSICS LABORATORY/CARNEGIE INSTITUTION OF WASHINGTON

Planetary research

Big celeb found on small planet

It looks like Mickey Mouse has made a big impact on planet Mercury.

But, in truth, the familiar silhouette is a group of craters in Mercury's southern hemisphere.

The image was taken by NASA's Messenger orbiter spacecraft, which is gathering photographic data about the solar system's innermost planet.

METRO WORLD NEWS

Studying craters

- NASA's Messenger.** Launched in 2011, the probe has taken more than 100,000 images of craters on Mercury's surfaces. Experts hope craters will tell more about the planet's history.

- Strange cosmic resemblances.** The 215-kilometre-wide Galle Crater on Mars looks like a gigantic smiley face, while Saturn's moon Mimas has an uncanny resemblance to the Death Star from Star Wars lore.



'The happy face crater' on Mars' surface, officially known as the Galle Crater. MALIN SPACE SCIENCE SYSTEMS/NASA

Size of this Mickey

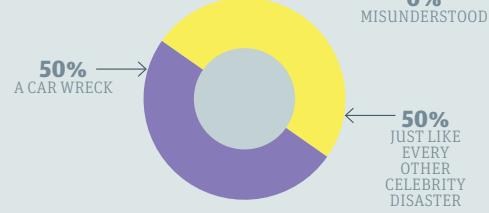
100 km

The approximate diameter of the "face" (large, middle crater) of this Mickey Mouse likeness.



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Lindsay Lohan is ...



Twitter

@destinyrose:

It finally happened. Tweeting + walking = losing battle to a plus 15 spiky plant. I think I styled it out with the arm flapping. #Fail #yyc

@JCfromCJAY:

Attention, world. I've pulled some strings, made some calls, and cancelled Monday. WE'RE ALL GOING BACK TO BED!! WOOOO!! #YoureWelcome #yyc

@So_Wright:

Love it when I see people give up

their seats on the train to people that need it more than them #yyc #FinallySomeFaithInThePeopleOffThisCity

@rsmollisonread:

Nothing like being thrown off your feet on the train to start your Monday morning! #yyc #lesigh

@KelseyHip:

Hoping the City lawnmowers get out soon, almost lost my way in the tall grass walking to my car this morning #Aberhart #yyc

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SCENE

Scene in brief

Jack Osbourne facing MS

New father Jack Osbourne is facing a diagnosis of multiple sclerosis. The former reality star and son of Ozzy and Sharon Osbourne revealed his health crisis in an interview with People, released Sunday. He told the magazine he was angry and frustrated when he found out, and he's concerned about his family. Osbourne and his fiancée Lisa Stelly had daughter Pearl in April. Multiple sclerosis attacks the brain and spinal cord, and can cause somewhat mild problems or serious disability, such as paralysis. Jack Osbourne gained fame as a teen when his heavy metal father and his mother allowed the family to be profiled in the MTV reality show *The Osbournes*.

THE ASSOCIATED PRESS

On the web



Furries meeting in Pa. looking for fun; out to 'shed' reputation of fetishes, weirdness

DVD reviews

Big Miracle

Director: Ken Kwapis

Stars: Drew Barrymore, John Krasinski, Kristen Bell

•••••

Big Miracle fictionalizes the details in its telling of the 1988 effort by residents, the U.S. military and two global superpowers to rescue three whales trapped in Arctic ice. Drew Barrymore plays shrill activist Rachel Kramer, who often alienates the people she needs to win over. That includes her ex-boyfriend, Adam Carlson (John Krasinski), who is an ambitious small-time TV reporter. His reports bring Kramer and a horde of other media types, as well as local Inupiat hunters. The best characters are the whales, animatronic behemoths that look incredibly real. They're the centre-piece of this feel-good comic tale that works its way to an exciting conclusion. **PETER HOWELL**

Project X

Director: Nima Nourizadeh

Stars: Thomas Mann, Oliver Cooper

•••••

Project X is actually a slag heap of similar films, spanning the booger-flicking expanse from *Animal House* to *Superbad*. The difference here is the way Project X so aggressively ups the ante for outrageous sex, drugs and property damage. The film reflects so poorly on American life and values, it could serve as an Al Qaeda training video. The setup is simple: shy Thomas is turning 17, and his best buds want to throw the mother of all parties at Tom's house. Mom and dad's place is trashed so badly you may have to watch the screen — horrified — through your fingers. **STEVE GOW**



Elijah Wood, right, and Jason Gann play man and man's best friend in quirky dark comedy *Wilfred*, returning for its second season on FX Canada.

Doggone Wilfred's back

This ain't ALF. Lead and co-creator discusses why the show works

MIKE DOJC
zforcouples.com

In *Wilfred* (FX Canada), Ryan, a sad sack lawyer (Elijah Wood), strikes up a peculiar friendship with his neighbor's pooch. He sees Wilfred as a foulmouthed Australian in a shaggy dog suit while everyone else sees him as a cuddly mutt.

With the second season premiering on Thursday, we tossed Jason Gann, series co-creator and the man in the costume, some meaty bones to chew on.

What's the most cockamamie theory you've read on a message board from *Wilfred* fans?

People will get on there and go what is going on, is he this, is he dead, what's going on? Inevitably, a bunch of fans who've been on there for awhile will jump on and say you've just got to enjoy it, don't overanalyze it, don't

over-think it, just go with it. I think people were driven crazy by the season one finale.

Wilfred and Ryan seem like an old married couple. What would a couples' counsellor make of their relationship?

You've obviously been in the writers' room. Look, I think it's a really good romance between the two. I guess you'd call it a co-dependent relationship that is maybe not healthy.

Despite all the trouble Wilfred gets Ryan into, do you think Ryan is ultimately better off having him in his life?

Definitely, because he's living. Part of life is making mistakes and getting out there into society because that's where he really struggles and those are the things that make you stronger and really define and make you who you are.

But, put it this way, would you like a friend like Wilfred?

No. Quite simply put. Fans are telling me all the time, I want a Wilfred and I'm like do you really? I'm not sure you do, you might have fun watching

someone else have a Wilfred but it would be pretty wild. Maybe I could deal with it if it was for half an hour a week.

Wilfred's owner, Jenna, manipulates Ryan almost as much as the dog does. Is he in "puppy" love with her?

Ryan has a lot of stakes in a girl who isn't giving him a lot back romantically or as a friend really. We have to assume that a lot of it has happened off-screen. But yeah, it would be puppy love because it isn't really grounded in a truthful relationship, and they haven't developed one yet.

Have you ever been as whipped as Ryan?

Maybe for a week. Look, I've been heavily in love with girls but, from an early age, I saw what happened to nice guys. So even if I wanted to be like that, even if everything in my body was telling me to do so, I've resisted because they don't respect it ... well, they do and they don't. That doesn't mean I don't treat women well in my life. I really do. I treat them like queens.

Really?? Never even been a little whipped?

What am I saying, one of my last girlfriends used to send me to the dry cleaner all the time. I'd also drive her to work in the morning and she'd inevitably forget something and I'd have to drive her back. But it wasn't like I was desperately in love; this somehow just happened.

As manipulative and deceptive as Wilfred can get, he still manages to be endearing and loveable. What's his secret?

Well I don't pat myself on the back too often but that, I have to say, is a Jason Gann thing. My friends have always said that's just you in a dog suit. I have forever gotten away with saying things and doing things that people just generally don't. I've heard all my life, 'Jason if anybody else did that I would have thought he's the most disgusting creep, but for some reason when you do it it's okay.' I kinda bring that naughty cherub element to the character and it's something that's worked for me personally so it's fun to play with in the character.

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Celebrity Olympians

From Hollywood royalty to actual royalty, some stars bring glamour to the Games. Here are our top six.

KIERON MONKS, METRO WORLD NEWS



Zara Phillips

Queen Elizabeth II's granddaughter Zara Phillips is to represent the British equestrian team at the London 2012 Olympics. This will be the 31-year-old Royal's first Olympics, despite a rich riding career that included gold medals at the 2005 European Eventing Championship.



Princess Anne

Zara's mother appeared at the 1976 Games, riding the Queen's horse Goodwill. Anne also won European medals and became even more famous by becoming the first Royal to appear on a TV quiz show, when she was a contestant on the BBC's *A Question of Sport* in 1987.



Greg Louganis

The finest diver of his generation, Louganis won gold medals at the 1984 and 1988 Games. He was then diagnosed with HIV and became a high-profile gay rights activist, campaigning against the U.S. army's Don't Ask, Don't Tell policy. He also wrote a best-selling autobiography and starred in a string of movies and TV shows.



Johnny Weissmuller

A U.S. swimmer who won gold at the 1924 and 1928 Olympics, Weissmuller went on to enjoy a successful acting career. The high point was a starring role in the official Tarzan films, for which he claimed to have invented the jungle character's trademark yell.



Sonja Henie

Norwegian figure skater and film star, Henie remains the most successful female skater in history with three Olympic gold medals between 1928-1936. She then signed with Fox studios as an actress and performer. Henie has her own star on Hollywood Boulevard, but was a controversial figure for her personal relationship with Adolf Hitler.



Muhammad Ali

Well before he became a global icon, Ali was an 18-year-old Cassius Clay from Louisville, Kentucky who bagged a gold medal as an amateur boxer at the 1960 Olympics. He would go on to convert to Islam, be one of the first social activists to protest against the Vietnam War, and become one of the greatest sporting athletes of the 20th century.

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Kate peeps about her prince

Kate Middleton is usually pretty tight-lipped about life married to Prince William, but she did open up to a group of inner-city youth during a visit to their outdoor learning centre, according to Us Weekly. "William is very sweet and kind of spoils me," Middleton told one of the children. Of course, seeing Middleton working so well with children begs the question of when she and William will start a family of their own, and royal sources say sooner rather than later.

"There's a window in place," a source says, explaining that the couple is hoping to get pregnant between September and next summer. "The pregnancy will be announced. It won't be hidden."

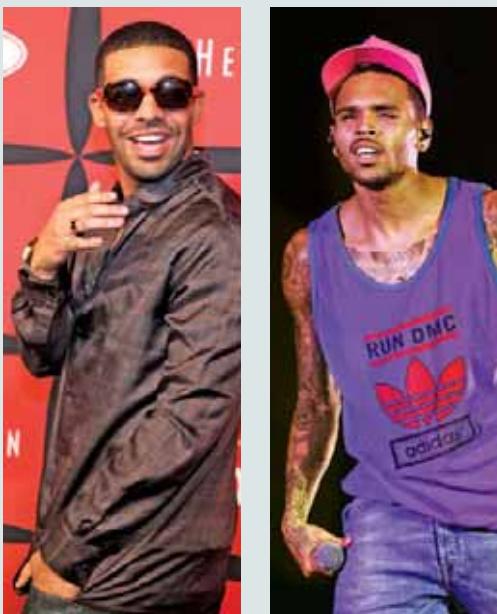


Kate Middleton

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



They say it's over, that it's over, but it's far from over

MONICA WEYMOUTH
scene@metronews.ca

What seemed to be a relatively minor bar fight between Chris Brown and Drake last week is still brewing.

The Manhattan night-club where the incident took place, W.I.P., has been closed down due to multiple code violations, according to the Associated Press.

As for the fight itself, a source tells the Associated Press that the two hip-hop stars weren't even involved in the bottle-throwing brawl, claiming it was "entourage versus entourage, never Drake versus Chris," shooting down the theory that the two were fighting over Rihanna.

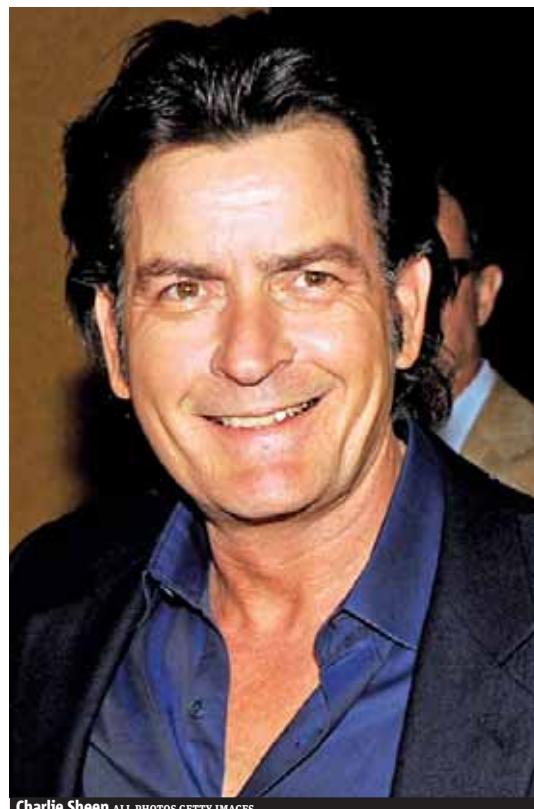
Rapper Meek Mill — who was at the club with Drake, and was initially identified as an instigator — also says the stars weren't involved.

"Chris and Drake, them two was there, but it's other people that be around that take sh—to the next level," he tells MTV.com.

"Things just happen in the club. I seen girls in there throwing bottles. I never seen Chris Brown or Drake throw a bottle, and I was there."

While Brown has already talked to cops, Drake has declined to answer questions. "Why would he turn himself in when he did not commit any wrongdoing?" his rep told the New York Post in a statement on Sunday.

The only thing more annoying than a hip-hop fight is a never-ending non-hip-hop fight between entourages and publicists. This thing is one airborne bottle of Skinnygirl Margaritas away from being a Real Housewives episode.



Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen to shut the door on showbiz

After his new show, Anger Management, wraps, Charlie Sheen plans to retire from acting.

"I've been doing this 30 years. And there's a lot more out there to do than make-believe, you know?" the former Two and a Half Men star tells the New York Times.

"I mean, I'm grateful. I've got a dream life as a direct result of television, you know? But at some point you just get tired of wearing somebody else's clothes, saying

I'm not gonna fake it

"...At some point you just get tired of wearing somebody else's clothes, saying somebody else's words and working in somebody else's space."

Charlie Sheen

somebody else's words and working in somebody else's space."

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Lindsay Lohan

Want to take a snooze under the strobe lights?

Lindsay Lohan must bounce back quickly. After being treated for exhaustion Friday — brought on by her hectic filming schedule — the troubled actress was out Saturday night partying at the Chateau Marmont, according to Us



@ActuallyNPH

Thanks so much for all of my B'day tweets! I had a spectacular day in Montreal w/ the delicious @DavidBurka. I'm liking this 39 stuff!



@BetteMidler

Assassins! Something has murdered two of my chickens, Khloe and Kourtney! It gnawed thru the chicken wire and pounced...poor dears. RIP.



@AlbertBrooks

I worry about Lindsay Lohan. And not just because I loaned her \$100.



@lindsaylohan

Note to self.. After working 85hours in 4days, and being up all night shooting, be very aware that you might pass out from exhaustion & 7 paramedics MIGHT show up @ your door.... Hopefully they're cute. Otherwise it would be a real let down.

Gomez goes wild on web, but that's where it ends

Selena Gomez's popular Fifty Shades of Grey spoof made for humour site Funny or Die is about as close as the former Disney star is going to get to the racy, mega-popular material, according to MTV News.

"I know I'm taking risks, but I don't think I could do that," Gomez says when asked about starring in the planned movie version of the book.

"That would be a little too much for me."

3

LIFE

Health minute

Cold virus holds promise as cancer therapy

Researchers have shown that a cold virus known to destroy cancer cells can be delivered to a tumour through the blood-stream without falling prey to killer antibodies on the way. In a study published Wednesday in the journal *Science Translational Medicine*, the researchers found the "reovirus" hitches a ride on blood cells and uses them as a shield against the immune-system cells. The reovirus holds promise as a possible new way of treating cancer because it not only kill cancer cells directly, but also triggers an immune response.

THE CANADIAN PRESS

On the Web



Deaths and costs to society are lower in areas with toughest motorcycle helmet laws

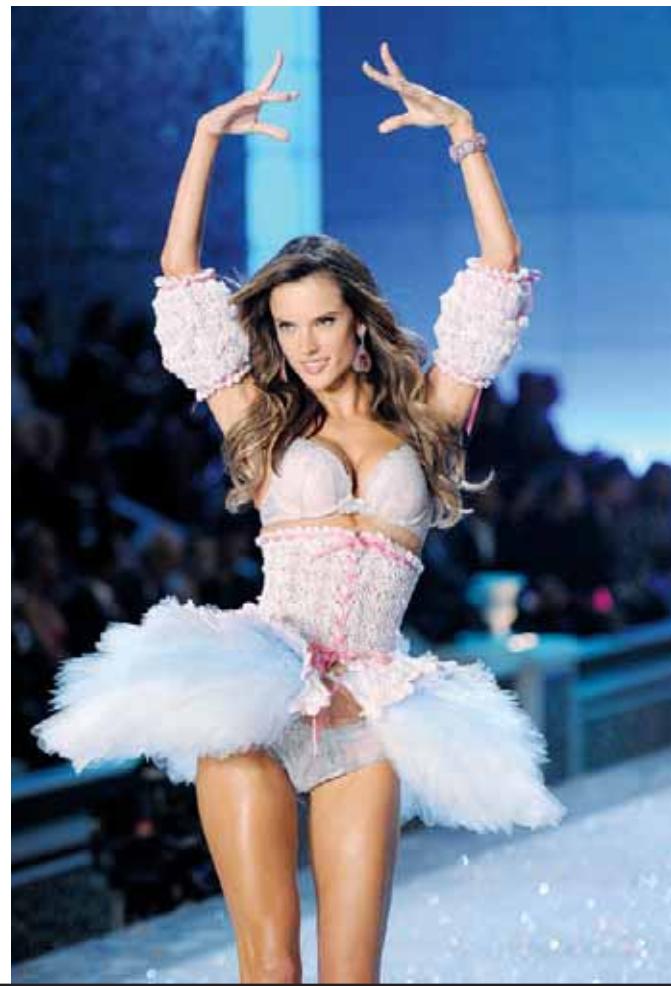
30

WELLNESS

metronews.ca
Tuesday, June 19, 2012



From baby bump to beach body, the transition isn't as hard as it used to be. METRO WORLD NEWS



How a Victoria's Secret angel got her body back

Sexy in summer. We speak to personal trainer to Victoria's Secret "angel" Alessandra Ambrosio

ROMINA
MCGUINNESS
Metro World News

Having a baby is a life changing moment — sometimes not always for the best.

The lack of sleep, dirty diapers and the fact you've turned into a milk-making machine can be overwhelming. And however much some women would love to get their pre-baby body back, most have no idea how, or when it's OK to start exercising again. Leandro Carvalho tells us how to achieve post-baby body perfection.

Post-delivery recovery

"Women who give birth naturally need to wait around four weeks before they can start exercising again. The recovery period goes up to six weeks if they've had a caesarian," Carvalho tells Metro.

A serious operation, a caesarian limits the type and amount of working out that can be done months after giving birth. In other words, it'll be a while before you can run, jump, cycle or do squats,

Quoted



"Working out two hours a day, six days a week. On her 'off' day, she does gentle yoga."

Leandro Carvalho
Personal trainer to Victoria Secret Angel, Alessandra Ambrosio

lunges and sit-ups again.

But not all new moms can hope that newborn-related stress and breast-feeding alone will help them lose the baby weight.

For that reason, Carvalho found a way to increase heart rate and trigger weight loss with zero impact.

Here's how it goes:

Walk in incline

Start with the easiest exercise known to man: walking.

Carvalho advises you start off slow, maintaining a speed anywhere between two to 3.5 km/h on a five per cent

incline (if on a treadmill). Never go faster than 4.0 km/h as this is basically running and no high impact exercise is allowed until at least two months after giving birth.

If your ultimate goal is to lose fat, you'll need to keep going for at least 30 minutes.

"Ten minutes on the treadmill is a good warm up, 20 minutes is good for your health but if you want to burn fat, you need to go beyond the 25 minute mark. Up until that point, your energy comes from the glycogen stored in the muscles, but after 25 minutes, your body

gets its energy by burning fat," he adds.

Once you've walked in incline for a minimum of 25 minutes you can move on to the floor exercises.

The safest strategy: add some weight

Your workout intensity is limited and you'll need to be patient if you want results. You can't jump or run around, so challenge your body by wearing ankle weights and weighted gloves during your workouts.

"Adding light two to eight pound ankle weights when doing leg lifts (such as a kneeling leg lift) or weighted gloves when doing arm movements will increase the intensity of a move," explains Carvalho.

Slowly building up your resistance and the number reps will tone and sculpt your body. Start with 20 to 30 reps for each move, eventually working your way up to 100.

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Advice

Time to change your approach

Hey Sisters,
I was in a five-year relationship with a girl I met in university. We lived together and when the time came to pop the question I realized she wasn't the one for me. I've been single for a few months and have been going out with my friends

to meet someone new. It's been fun, and I do talk to a lot of people, but no one has really captivated me. I'm starting to get fed up with looking, and I'm not sure what I'm missing. Any advice that doesn't involve eHarmony?

Hungry for More

Andrea: Dear H4M,

Being single after a long relationship with that not-quite-right-someone is like being released into the



TWO SISTERS
Andrea and Claire
Life@metronews.ca

woods to fend for yourself. There's a wonderful feeling of independence and everything is bright and exciting ... until you get hungry. You

now have two options: a) die b) persevere. Chances are you're choosing the latter, so make better traps or forge better weapons. In other words, modify who you are and how you approach.

Maybe you haven't been ready to meet someone worthwhile and subconsciously aren't aligning yourself with this goal. Maybe to meet someone different, you have to be different. Imagine who you want to meet and the kind of person you see

her with. Try to be that person, and let the universe do its thing, eHarmony not required.

Claire: Dear H4M,

Newly single people who come out of long-term relationships think that the outside world is a big vending machine of available singles that will pop out the right one for them ... if they can just figure out which buttons to press. Nope. That's eHarmony. The older we get,

the busier we get, the more baggage we amass, the more set in our ways we are.

It's harder to meet people. It may take time, and you will definitely get fed up. I have no better advice than to tell you to keep going, keep trying, and try to actually enjoy the freedom, the loneliness, and even the self-doubt. These are the ingredients to a more well-rounded man who is happy with himself. And there is nothing a woman likes more. Onwards.

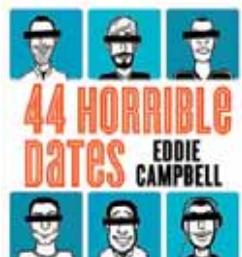
Think you've had some bad dating experiences?

Reading. Chances are author Eddie Campbell has been through much worse

**HEIDI
PATALANO**
Metro New York

The Car Squatter, the Gay Pirate, the Cross-Eyed Magician, the Sleeping Pill — are these characters all part of a bad Saturday Night Live sketch?

No. These are the nicknames that belong to some of the worst men author Eddie Campbell has ever dated. The Los Angeles native has had so many terrible and extreme experiences that he's recently compiled them into a book: 44 Horrible Dates. Campbell's hilarious look at dating in L.A. is rife with oddballs — from the guy who showed up to a date hopped up on cocaine to the



one who wanted to use some groceries in the bedroom. Is Campbell a magnet for crazy? Given reader response to his memoirs, he doesn't think so.

"You can be the college-educated person, have a great life, love your family — all that stuff can be in place, and you can still meet a-holes," Campbell says.

"I know so many gorgeous, beautiful, smart women who keep just meeting d— after d— after d—"

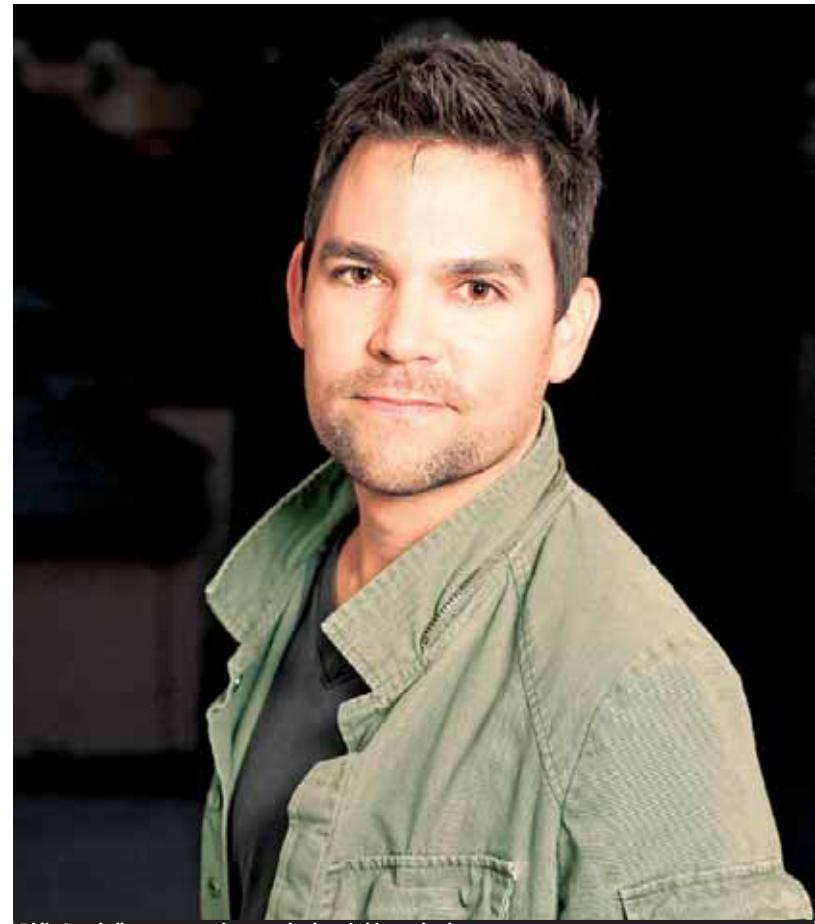
But he says all those terrible

dates have helped him avoid future disasters.

"It's a good lesson for everyone because when you're younger, you're a lot less judgmental about who you might go on a date with," says Campbell. "As you get older, and you're still single, you start breaking down what you're willing to put up with. It's not being overly picky, but it's knowing what's right for you."

Campbell stresses that one of the best ways to avoid the pitfalls he's experienced with, say, Nightmare on Vegan Street, is to take some time to evaluate your potential date before agreeing to spend time with them.

"Talk longer on the phone, get out a few questions," Campbell says. "I've actually been on dates where you're so bored you're thinking about separating your darks from your whites and what you're doing for the next day. Don't place yourself in that scenario."



Eddie Campbell recounts 44 cringe-worthy dates in his new book. iSTOCK

Family arguments can be tricky business

**CHARLES
THE BUTLER**
askcharlesthebutler@
metronews.ca
For more, visit
charlesmacpherson.com

In a recent telephone conversation with an extended family member, there was a long drawn out discussion regarding a particular family event and what transpired during that event. We exchanged opinions, some of which caused disagreement on the perception of the event. In any case, voices were raised and then all of a sudden the line went

dead. The other party hung up on me. I am now being asked to apologize for the things that I said and for my opinions, which apparently have caused "offence" to this person. I am not feeling the need to do so. How do I address this tactfully/diplomatically and or refuse to apologize? Yours truly, Ms. Diplomatic

Dear Ms. Diplomatic,
What a dilemma! I guess my first question for you is how strongly do you feel about this issue and subject? If it really doesn't mean very

much to you, then I would personally just apologize and let the entire situation close.

However, if you do feel very strongly, a few points: Firstly, it was very rude of the other person to hang up on you — that is something that should never be done. If you must hang the phone up in anger, then say so and put the phone down.

Here are your options for consideration:

1. Try calling and apologizing for the situation getting to where it is and try to finish the conversation, calmly explaining your

point of view, but respecting theirs. It is OK for two people to agree to disagree.

2. Try sending an email or letter, again following the path above. However, I believe email leads to such a misinterpretation, so it's always easier to speak face to face.

3. Finally, as a last resort, go to a family member who is well respected by this other person and try to get them to help negotiate some peace between the two of you. Don't ask them to agree or plead your case, but just to try and get the two of you talking and to explain

that it is OK for you both to have different opinions, but that fighting is really not

the answer. Please do let us know how things turn out, best of luck!

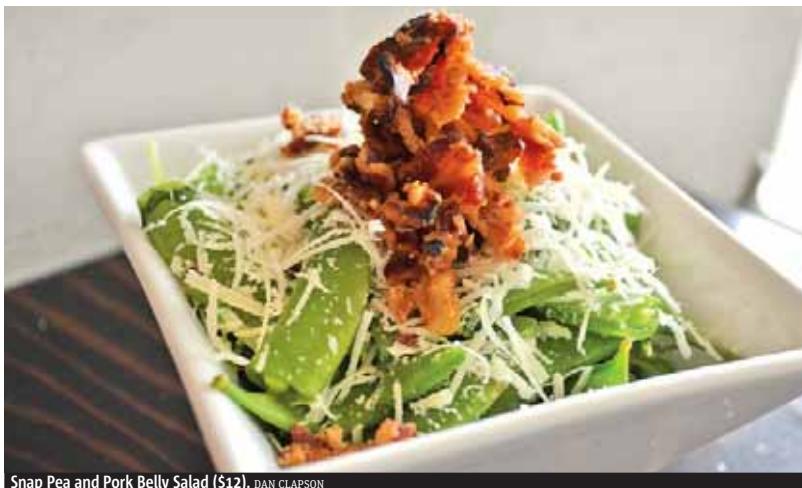
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Personality and flavour meet on the plate at Taste



Snap Pea and Pork Belly Salad (\$12). DAN CLAPSON



LUNCH RUSH
Dan Clapson
life@metronews.ca

I'm convinced that if a restaurant used my personality for inspiration, it would be like Taste.

The service here is always top notch and comes with a smile, a bit of wit and some sarcasm. I love this restaurant because a sense of humour is required before walking in the door!

Lately, I have been 'mysteriously' gaining weight, so I've been on a salad kick dur-

ing the lunch hour.

After popping in this past week for lunch with a friend, I stuck to my newfound local ways, ordering the Snap Pea and Pork Belly Salad (\$12).

The fresh peas were tossed in a mint mojito dressing, topped with crispy pork belly and grana padano cheese.

Exotic chicken sandwich

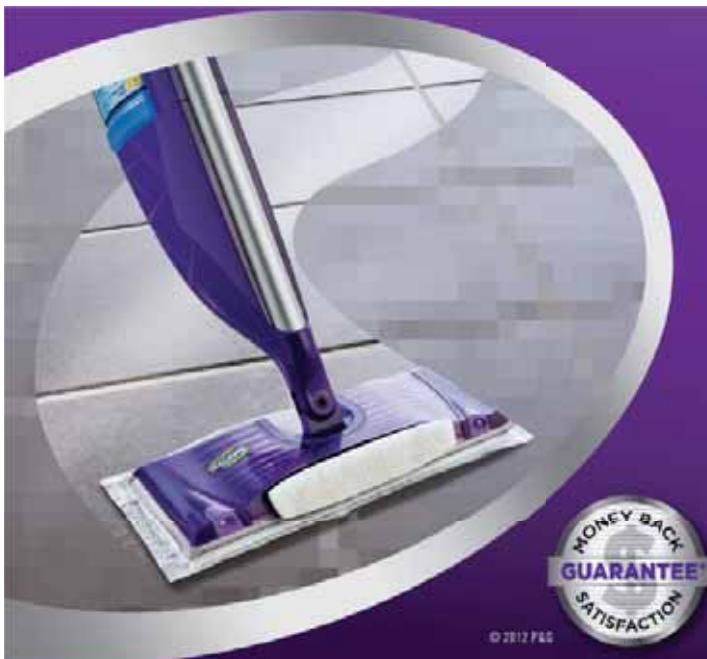
1. Remove outer three layers of lemon grass stalk and cut tender middle section into 1-inch pieces. Bruise lemon grass. In bowl, combine lemon grass, garlic, green onion, black pepper, sambal sauce, sugar, salt, oil and fish sauce. Coat chicken and marinade 30 mins.

2. Sweet chili cilantro mayo: combine the mayonnaise, honey, sambal sauce, cilantro and salt in mixing bowl.

3. Coleslaw dressing: In separate small bowl, combine sugar, vegetable oil, lime juice and salt. Pour on shredded cabbage and carrots, and toss to coat.

4. Remove chicken from marinade. In pan, heat oil for 1 minute and fry chicken 15 mins. on med., turning halfway through. Remove from heat.

5. Spread cilantro mayo on toasted buns. Slice chicken and place on bun. Finish with coleslaw. **NEWS CANADA/DITALIANO.CA**



It was, essentially, summer in a bowl and a party in my mouth. The sweet mint dressing was great in contrast to the salty pork belly.

If you haven't eaten here before, what's wrong with you?

Visiting the restaurant

Taste

Address. 1210 1 St. S.W.

Phone. 403-233-7730

Website. taste-restaurant.com

Rating. 4.5/5

Price range. \$8 - \$15

Reservations. No

Business lunch. Yes

Social lunch. Yes

Quick solo lunch. Yes

Lunch with co-workers. Yes

Salmon Dill Appetizer. Serve this fresh and light starter over lettuce leaves



1. In bowl, combine veggie dip with remaining ingredients and gently fold together.

2. To serve as an appetizer, arrange few lettuce leaves on plate and place mix in centre. Garnish with radishes, if de-

sired. For first course, arrange salad greens on two plates and divide salmon mixture between them. Serve with pita chips, crackers or cucumbers.

**THE CANADIAN PRESS/MARZETTI
ORTRIA VEGGIE DIP**

Ingredients

- 175 ml (3/4 cup) feta Greek yogurt veggie dip
- 250 g (8 oz) cooked salmon, skin removed and flaked
- 125 ml (1/2 cup) chopped large portobello mushrooms, gills removed
- 125 ml (1/2 cup) chopped fennel
- 2 chopped scallions
- 15 ml (1 tbsp) chopped fresh mint
- 15 ml (1 tbsp) capers (optional)
- Salt and pepper, to taste
- Lettuce leaves
- Radishes, sliced thin
- Toasted pita chips, crackers or thick slices of cucumber

Ingredients

- 2 stalks lemon grass
- 3 cloves garlic, minced
- 2 stalks green onion, minced
- 1/4 tsp (1 ml) black pepper
- 1 tsp (5 ml) sambal sauce
- 2 tbsp (30 ml) sugar
- 1 tsp (5 ml) salt
- 1 tbsp (15 ml) oil
- 2 tbsp (30 ml) fish sauce
- 4 small half chicken breasts, lightly pounded with flat meat

mallet

Sweet Chili Cilantro Mayo:

- 1 cup (250 ml) mayonnaise
- 2 tbsp (30 ml) honey
- 2 tsp (10 ml) sambal sauce
- 3 tbsp (45 ml) cilantro, chopped
- Salt to taste

Asian Coleslaw:

- 3 tbsp (45 ml) sugar
- 2 tbsp (30 ml) vegetable oil
- 3 tbsp (45 ml) lime juice
- 1 tsp (5 ml) salt
- 1/2 lb (250 g) shredded cabbage
- 1/2 lb (250 g) shredded carrots
- 4 D'Italiano sausage buns, toasted

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GO WITH THE FLOW

DO AS THE FRENCH DO

By Deborah Fulsang

Embrace the high-style *je ne sais quoi* of a scarf this season.

Wrap your hair, circle your neck or create your own sexy halter top — it's all so elegant and easy.

HEAD SCARF

Let Grace Kelly be your guide. Wrap a scarf around your head or ponytail for a pretty, polished effect.

Echo Design African striped polyester scarf, \$50, thebay.com. Gap racer-back cotton tank top, \$24, gapcanada.ca.

From top, Virginia Johnson merino wool scarf, \$195, virginiajohnson.com, Jessica ombre chiffon scarf, \$10, sears.ca, Hermès Mosaic H silk carré scarf, \$420, at Hermès boutiques, hermes.com, Hermès cliquetis silk carré scarf, \$420, at Hermès boutiques, hermes.com.



HALTER

Transform a gorgeous square scarf into a super-chic top with two simple knots. *Juma graffiti-print silk scarf, \$200, jumastudio.com.*



COSY WRAP

Choose colour and pattern — or both — and jazz up a lightweight cardigan or tee with a vibrant, oversized scarf. *Tilo linen-blend print scarf, \$150, reiastudio.com.*



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By Glynnis Mapp
Don't be caught dead travelling with anything but a fashionable set of luggage. Your pack-it essentials?

A sleek passport case, a chic carry-on and a practical, yet pretty, suitcase.

Get a matching set or mix it up to complement your stylish airport-ready



outfits. Bon voyage! **1** Atlantic Globe Trotter 20-inch expandable spinner, \$120-\$160, thebay.com.

2 Hermès Calèche Express canvas and leather luggage, \$8,000, hermes.com.

3 Heys Safari 21-inch upright hardtop carry-on case with spinner wheels, \$240, sears.ca.



4 Fossil Key Per duffle, \$240, thebay.com.

5 Roots Banff leather weekender bag, \$368,

6 Coach Hampton's striped canvas and leather weekend tote, \$428, coach.com.



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\$6,000
IN SAVINGS***



Thirty-four years old and living with the 'rents: Matthew McConaughey, centre, starred in *Failure to Launch* along with Kathy Bates, left, and Terry Bradshaw back in 2006. CONTRIBUTED

Boomerang kids back in the nest?

Young and broke.

They have huge debts and can't find jobs — what to do when your children grow up and move back in



**YOUR
MONEY**
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

An amusing comic strip recently showed a teenager asking his parents to lend (meaning give) him \$20 so he could go out for a movie and pizza with his friends. His mother pointed out that he had a part-time job and savings in the bank. "But that's my money!" her son protested.

This seemingly innocent me-ness of the teenage years is spilling over into adult-

Alison's money rule

"Helping out financially shouldn't mean a free ride for adult kids living at home."

hood. One third of parents with a youngest child between 20 and 34 have at least one offspring living at home according to a 2011 Statistics Canada report. And one quarter of those enjoying Hotel Mom and Dad have left the nest only to return — the so-called boomerang kids.

It isn't surprising. After all, the Vanier Institute of the Family pegs the average debt for those with an undergraduate degree at around \$18,000, but the Canadian Federation of Students believes it's more like \$27,000.

Factor in the unemployment rate for the under-35 crowd, between 15 and 21 per cent, and there are a large number of young adults who have no financial choice but to live at home. In many cases, parents who are initially willing to help end up feeling put upon and resentful. Avoid this toxic situation by ensuring adult children at home contribute.

Above all, charge rent. I recommend a sliding scale based on income. First set a base rate no matter what your child is earning — \$50 monthly is better than nothing.

Even if that means an engineering grad must take

How times change

- Young adults with cash. In 1985, 21 to 34-year-olds purchased 38% of all new cars; today it is only 27%.

shifts at the mall or a fast food outlet, such financial obligations are the stuff of adulthood. (If your child is saving to go to school the rent can always be rebated later.)

Then peg future rent to a percentage of their earnings. A reasonable rule of thumb could be 20 to 25 per cent of gross income. Since most recent grads will have lots of tuition and education credits to carry forward, they are unlikely to pay much tax.

Also, be sure to spell out household duties such as cleaning, gardening, cooking and grocery shopping.

By all means help your kids get on their feet but treat them as adults at the same time.

ALISON GRIFFITHS IS THE AUTHOR OF *COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY*. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Food for thought

Organic power shopping never pays off



FUN AND FRUGAL

Leslie Scorgie
money@metronews.ca
Twitter: @LesleyScorgie

Last week I was racing from a meeting with my lawyer to one with my banker, regarding my new home purchase. Between appointments, I decided to squeeze in a 'power shop' for groceries; in-and-out in less than eight minutes.

I filled my basket with a few days' worth of fresh organic foods and bolted to the checkout. The cashier rang in my \$50 stash and that's when I discovered, in my haste, I'd left my wallet at my last appointment.

Full of apologies for the cashier and patrons waiting in line behind me, I started to leave the checkout counter. But, I was stopped by a nice guy from the lineup who insisted on paying for my groceries. I thanked him 10 times over, offered to pay him back (he refused), and his parting comments to me were 'why do you buy organic? It's so expensive. I can get twice

the amount of groceries for the same price.' We all know the stats on organic foods; locally grown, fresh, greater nutrients because no artificial chemicals or additives are used in the growing and/or refining processes. Experts say these foods are better for our bodies and the environment. But, in many places, organic foods take up a significant chunk of a household's budget. Thus, many people opt for less healthy, inexpensive foods.

Coupon Cabin released a study last week about organic food purchasing behaviour. Nearly 75 per cent of respondents said they would buy organic if the price was more affordable. But, currently, less than half seek healthier food options because organics cost too much.

There are affordable ways to buy organic and eat healthy.

Plan ahead. Hasty purchases often result in bad deals. So, unlike my eight minute 'power shop', take time to plan out your organic purchases to ensure you don't buy items you don't need and avoid paying too much for the ones you do.

Buy less more often.

Fresh organic produce provides its greatest flavour and nutritional benefits. Test your green thumb. If you've got access to natural sunlight and have a yard or balcony, try growing your own herbs, fruits and veggies. Seed packs only cost a few dollars.

You don't have to fork over astronomical sums of money to buy organic.



Scared of GMOs and pesticides? You might want to go organic. ISTOCK IMAGES

Build up your savings.



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CIBC
FOR
WHAT
MATTERS.

4

SPORTS

NFL

"It wasn't because I didn't want to play anymore. It was simply time to move on."

Running back LaDainian Tomlinson, who signed a one-day contract with the San Diego Chargers on Monday and then announced his retirement. Tomlinson rushed for 33,684 yards, fifth all-time, and scored 162 touchdowns, third-most ever. His 145 rushing touchdowns are second-most in history. He ended his brilliant 11-year NFL career the same way he started it — with the Chargers.

"I was a part of greatness. And it was awesome to be a part of it. It was awesome to watch. I mean, I had the best seat in the house. It was a fun time."

Retired offensive lineman, and former teammate of LaDainian Tomlinson, Kris Dielman.

On the web



The New Orleans Hornets appear serious about pairing another big man with consensus top draft choice
Anthony Davis. New Orleans hosted six-foot-11 Baylor forward Perry Jones III and six-foot-nine Ohio State forward Jared Sullinger for pre-draft workouts on Monday. Scan the code for the story.



Roger Clemens talks to members of the news media after his acquittal on Monday in Washington, D.C. CHIP SOMODEVILLA/GETTY IMAGES

Clemens acquitted after 'a hard five years'

Quoted

"The jury has spoken in this matter, and we thank them for their service. We respect the judicial process and the jury's verdict."

A written statement from the U.S. Attorney's Office after Clemens' acquittal.

ly brief. Jurors returned their verdict after close to 10 hours over several days. The outcome ended a 10-week trial that capped the U.S. government's investigation of the pitcher.

"I'm very thankful," Clemens said, choking up as he spoke after the verdict.

"It's been a hard five years," said the pitcher, who was retried after an earlier prosecution ended in a mistrial.

This trial was lengthy, but the deliberations were relative-

ly brief. Accused of cheating to achieve and extend his success — and then facing felony charges that he lied about it — he declared, "I put a lot of hard work into that career."

He said he appreciated "my teammates who came in and the emails and phone calls" of support. With his four sons standing behind him, Clemens thanked his lawyers, his family, his sisters and his wife.

Outside, at one point, Clemens stopped to compose himself.

His chief lawyer, Rusty Hardin, walked up to a bank of microphones and exclaimed:

"Wow!"

Hardin said Clemens had to hustle to get to court in time to hear the verdict. "All of us had told Roger there wouldn't be a verdict for two, three or four days, so he was actually working out with his sons almost at the Washington Monument when he got the call that there was a verdict."

Clemens, 49, was charged with two counts of perjury, three counts of making false statements and one count of obstructing Congress when he testified at a deposition and at a nationally televised hearing in February 2008. The charges centred on his repeated denials that he used steroids and human growth hormone during a 24-year career that produced 354 wins.

THE ASSOCIATED PRESS

Tennis

On-court outburst costs Nalbandian

David Nalbandian was fined the maximum \$12,560 US and placed under police investigation for assault after kicking an advertising board and injuring a line judge during the Queen's Club final.

The ATP confirmed the fine for unsportsmanlike conduct on Monday and said the Argentine player also was stripped of his 36,500 pounds (\$57,350) in prize money.

London police said they were investigating a complaint of assault filed against Nalbandian, who was defaulted from Sunday's match against Marin Cilic in the grass-court Wimbledon warm-up event.

THE ASSOCIATED PRESS



David Nalbandian in London on Sunday. THE ASSOCIATED PRESS

Rankings

Mayweather still 'Money' while in the slammer

The world's highest-paid athlete is in jail.

Forbes has released its list of the 100 highest-paid athletes, and boxer Floyd (Money) Mayweather Jr. is No. 1. Mayweather, who made \$85 million US for two fights last year, is currently serving a three-month jail sentence in Las Vegas for domestic battery.

THE ASSOCIATED PRESS

Heat avoiding finals letdowns so far



Dwyane Wade, LeBron James and Chris Bosh celebrate during the second half of their win over the Thunder on Sunday in Miami. MIKE EHRMANN/GETTY IMAGES

LeBron James, Dwyane Wade and Chris Bosh walked off the floor together after Game 3 of the NBA finals, and were immediately wrapped up in conversation as they strolled to the Miami Heat locker-room.

Their talk had nothing to do with a 91-85 win in Game 3.

Turns out, the Heat "Big Three" were already working on plans for Game 4 against the Oklahoma City Thunder by going over what had just happened while it was fresh in their minds. Television cameras captured them side-by-side on that walk, a far cry from the images of anguish after losing the finals last season.

The series resumes in Miami on Tuesday night, with the Heat holding a 2-1 lead in the best-of-seven.

"We all got caught up in the lights and the negativity last year," Bosh said. "We let that take away our energy away from focusing on what we needed to focus on. This year we're just being ourselves. We're coming and competing. We're playing the best basketball and we're just having confidence in our game. We're good enough. We're good enough to win it. We were good enough last year. We just had too many letdowns."

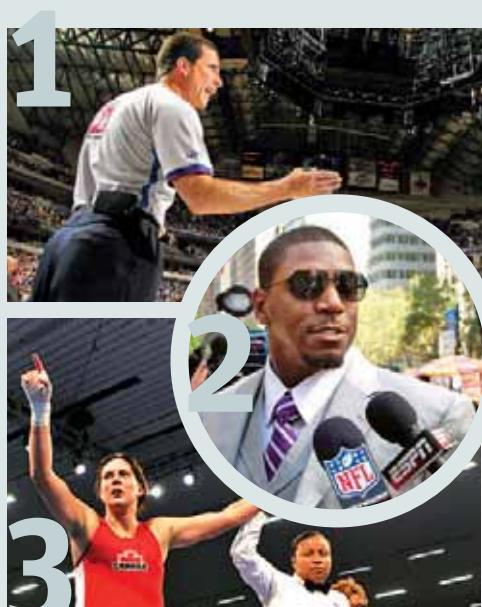
THE ASSOCIATED PRESS

Getting Stern on floppers

David Stern is determined to stop the floppers, even if it takes until the next morning.

- The NBA commissioner and the league's competition committee met Monday to discuss players deceiving referees into calling fouls by falling down, or flopping.
- Stern says one option could be a "postgame analysis" in which players could be penalized.

Sports in pictures



1 NBA. Ex-ref Donaghy wins \$1.3M in book-publishing lawsuit

A Florida jury has awarded a disgraced former NBA referee \$1.3 million in a lawsuit against the company that published his memoir.

Tim Donaghy sued Shawna Vercher and her company, VTI Group, in Pinellas County civil court, saying he hadn't been paid. The now-defunct company published Donaghy's 2010 book about referees and the NBA. **THE ASSOCIATED PRESS**

2 NFL. Saints' Vilma walks out of 'sham' meeting with Goodell

Suspended Saints player Jonathan Vilma left an appeals hearing with NFL commissioner Roger Goodell after about an hour Monday, denying he had a role in New Orleans' bounty program and saying the process is unfair.

The linebacker's attorney, Peter Ginsberg, said the NFL requested an adjournment to Monday afternoon, but he and Vilma refused. Ginsberg called the hearing "a sham" and said Goodell failed to present the evidence on which he based his decision to impose Vilma's season-long suspension. **THE ASSOCIATED PRESS**

3 Olympics. Canada's Spencer gets chance to fight in London

Boxer Mary Spencer's Olympic dream is still alive.

The Windsor, Ont., fighter received word Monday that she was awarded a wild-card entry for the London Olympics. Spencer waited several weeks to learn her fate after failing to clinch a spot at the women's world championships last month in China. **THE CANADIAN PRESS**

Euro 2012. English keeping confidence in check

While England's European Championship expectations are rising, the unexpected early departures of the Netherlands and Russia have been enough to dampen any overconfidence for coach Roy Hodgson.

The Dutch followed their

World Cup final appearance two years ago by losing all three Euro 2012 group stage matches. And Russia was ousted after losing to Greece on Saturday.

While England entered Euro 2012 at a low ebb, a draw against France and a victory over

Sweden have given renewed belief about the team's prospects. Only a draw is needed against co-host Ukraine in the final match in Group D on Tuesday to reach the quarter-finals.

"There have been plenty of surprises already and we are not unaware that with expectations building up, we are not maybe underdogs in a game but we are starting to become the favourites," Hodgson said Monday. "But that doesn't change anything as far as we are concerned."

THE ASSOCIATED PRESS



Roy Hodgson on Monday in Donetsk, Ukraine. **GETTY IMAGES**

Soccer juggernauts stay alive in Poland

Euro 2012. Italy and Spain move past group stage with dramatic victories

Spain and Italy confirmed their heavyweight reputations at the European Championship on Monday, advancing to the quarter-finals after winning their final group matches.

Defending champion Spain sealed top spot in Group C by beating Croatia 1-0 with a late goal by substitute Jesus Navas. Croatia's football association faces a UEFA charge on Tuesday over its fans' racist abuse of Italy forward Mario Balotelli last week.

Balotelli came off the bench to score Italy's second goal in a 2-0 victory against Ireland, lifting the Azzurri above Croatia in the standings. Antonio Cassano had opened the scoring for the Azzurri.

Earlier, UEFA president Michel Platini said he was "not happy" with Croatia fans at Euro 2012.

The victories for Spain and Italy will send them from their



Mario Balotelli of Italy scores against Ireland on Monday in Poznan, Poland.

CLAUDIO VILLA/GETTY IMAGES

Poland-based group to quarter-finals in Ukraine against either the co-host, England or France.

Spain will play on Saturday in Donetsk, and Italy goes to Kyiv on Sunday.

Elaborate Spanish possession play failed to create many scoring chances in Gdansk, despite the World Cup winners knowing a 1-0 loss would mean a ticket home.

Iker Casillas, the goalkeeper and captain, saved Spain with a double stop from Croatia's Ivan Rakitic in the 59th

minute, then parried Ivan Perisic's low volley in the 79th.

Spain's passage was confirmed when Navas, who replaced Fernando Torres, struck in the 88th, tapping into an empty net from a pass by Andres Iniesta after the pair had broken the offside trap.

Italy knew that a 2-0 win would not be enough in Poznan if Spain and Croatia drew 1-1.

Cassano continued his impressive recovery from minor heart surgery in midseason



Spain's Sergio Busquets tackles Croatia's Luka Modric on Monday in Gdansk, Poland.

MATT DUNHAM/THE ASSOCIATED PRESS

to score with a header from a 35th-minute corner, glancing in a header at the near post that had too much pace on it for goalkeeper Shay Given to keep out.

Ireland showed attacking intent after appearing overwhelmed in previous losses, but midfielder Keith Andrews was sent off for collecting a second yellow card in the 89th.

One minute later, Balotelli scored by hooking a volleyed shot over his left shoulder.

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	41	25	.621	—
Baltimore	39	28	.582	2½
Tampa Bay	37	29	.561	4
Toronto	34	33	.507	7½
Boston	33	33	.500	8

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	35	32	.522	—
Cleveland	34	32	.515	½
Detroit	32	34	.485	2½
Kansas City	29	35	.453	7½
Minnesota	26	39	.400	8

WEST DIVISION

	W	L	Pct	GB
Texas	40	27	.597	—
Los Angeles	36	31	.537	4
Oakland	31	36	.463	9
Seattle	29	40	.420	12

INTERLEAGUE

Monday's results
Milwaukee 7 Toronto 6
Arizona 7 Seattle 1
Chicago Cubs 12 Chicago White Sox 3
Cleveland 10 Cincinnati 9
Houston 9 Kansas City 7
N.Y. Mets 5 Baltimore 0
N.Y. Yankees 6 Atlanta 2
San Francisco 10 L.A. Angels
Texas at San Diego

Sunday's results

Toronto 6 Philadelphia 2
Baltimore 2 Atlanta 0
Boston 7 Chicago Cubs 4
Detroit 5 Colorado 0
Kansas City 5 St. Louis 3 (15 innings)

L.A. Angels 2 Arizona 0
LA Dodgers 2 Chicago W. Sox 1 (10 innings)
Minnesota 5 Milwaukee 4 (15 innings)
N.Y. Yankees 4 Washington 1
Pittsburgh 9 Cleveland 5

San Diego 2 Oakland 1
Seattle 2 San Francisco 1
Tampa Bay 3 Miami 0
Texas 9 Houston 3

Tuesday's games — All Times Eastern

Atlanta (T.Hudson 4-3) at N.Y. Yankees (Kuroda 6-6), 7:05 p.m.
Cincinnati (Leake 2-5) at Cleveland (Tomlin 3-4), 7:05 p.m.
Minnesota (Diamond 5-2) at Pittsburgh (Correa 2-6), 7:05 p.m.
St. Louis (Lynn 10-2) at Detroit (Verlander 6-4), 7:05 p.m.
Tampa Bay (Price 8-4) at Washington (Wang 2-2), 7:05 p.m.
Baltimore (Tom.Hunter 3-3) at N.Y. Mets (J.Santana 4-3), 7:10 p.m.
Miami (Buehrle 5-7) at Boston (Buchholz 7-2), 7:10 p.m.
Kansas City (Hochvar 3-7) at Houston (W.Rodriguez 6-4), 8:05 p.m.
Chicago Cubs (T.Wood 0-3) at Chicago White Sox (Peavy 6-2), 8:10 p.m.
Toronto (Undecided) at Milwaukee (Marcum 5-3), 8:10 p.m.
Seattle (Er.Ramirez 0-1) at Arizona (D.Hudson 3-1), 9:40 p.m.
L.A. Dodgers (Harang 5-3) at Oakland (Mc-Carthy 5-3), 10:05 p.m.
San Francisco (Zito 5-4) at L.A. Angels (C.Wilson 7-4), 10:05 p.m.
Texas (Feldman 0-6) at San Diego (Volquez 3-6), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	38	26	.594	—
New York	36	32	.523	4
Atlanta	35	32	.522	4½
Miami	33	33	.500	6
Philadelphia	31	37	.456	9

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	38	28	.576	—
Pittsburgh	34	31	.523	3½
St. Louis	34	33	.507	4½
Milwaukee	31	36	.463	7½
Houston	27	39	.409	11
Chicago	23	44	.343	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	42	27	.567	—
San Francisco	37	30	.552	5
Arizona	33	34	.492	9
Colorado	25	40	.385	16
San Diego	24	43	.343	18

Monday's results

No Games Scheduled.
Sunday's result
Cincinnati 3 N.Y. Mets 1
Tuesday's game — All Times Eastern
Colorado (Outman 0-2) at Philadelphia (Hamels 9-3), 7:05 p.m.

BREWERS 7, BLUE JAYS 6

Toronto	ab	r	h	bi	Milwaukee	ab	r	h	bi
Lawrie 3b	5	3	2	1	Aoki rf	5	0	1	
Rasmussen	3	1	1	0	Morgan cf	3	2	1	
Bautista rf	3	1	1	3	Axford p	0	0		
Encarnacion	4	1	1	1	Braun lf	5	2	1	
YEscobar ss	4	0	0	0	ArRmz 3b	3	1	3	
RDavis lf	4	0	1	0	Hart 1b	6	7	6	
Areni c	3	0	0	0	RWells 2b	4	0	2	
Ceppo lf	0	0	0	0	Kottas c	3	0	1	
Oliver p	0	0	0	0	Mldnd ph-c	1	0	0	
Cooper ph	1	0	1	0	Mayst ss	4	1	2	
Corner p	0	0	0	0	Wolf	2	1	1	
Vizquel 2b	4	2	0	2	Loe p	0	0	0	
Halvorsen	1	0	0	0	Frdrig p	0	0	0	
McCoy ph	1	0	1	0	Green ph	1	0	0	
Laffey p	0	0	0	0	CGomz cf	0	0	0	
Total	35	16	10	5		73	7	13	
Toronto		101	100	300	—6				
Milwaukee		240	200	10x	—7				

E—Lawrie (10), DP—Milwaukee 1. LOB—5. T—9. H—10. 2B—3. 3B—1. HR—Lawrie (11), Ar.Ramirez (19), Maysonet (1), HR—Lawrie (6), Bautista (20), Encarnacion (18), Ar.Ramirez (8), SB—Lawrie (9). CS—R.Davis (4). S—Wolf.

Toronto	IP	H	R	ER	BB	SO
H.Alvarez	4	11	6	6	2	1
Laffey	12-3	0	0	0	1	0
Coello L-0	1	1	1	1	0	2
Oliver	1-3	0	0	0	0	2
Cordero	1	1	0	0	1	2
Milwaukee	Wolf	6	1-3	8	4	4
Loe W-4	2.5	2	2	1	2	1
Fr.Rodriguez	1.4	1	0	0	0	0
Axford 12-15	1	0	0	0	0	1

H—Lawrie by Wolf (Bautista). T—252.

A—32,223 (41,900) at Milwaukee, Wisc.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through June 17
1. Matt Kenseth, 565 points; 2. Dale Earnhardt Jr., 561; 3. Greg Biffle, 548; 4. Jimmie Johnson, 532; 5. Denny Hamlin, 514; 6. Kevin Harvick, 504; 7. Martin Truex Jr., 497; 8. Tony Stewart, 491; 9. Clint Bowyer, 481; 10. Brad Keselowski, 458.
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GOLF

U.S. OPEN

At San Francisco

Par 70 (34-36)

Final Scores and Earnings (in U.S. funds)

(a—denotes amateur)

Webb Simpson, \$1,440,000

Graeme McDowell, \$695,916

Michael Thompson, \$695,916

John Dufner, \$276,841

Jim Furyk, \$276,841

Padraig Harrington, \$276,841

John Peterson, \$276,841

David Toms, \$276,841

Ernie Els, \$200,280

Kevin Chappell, \$163,594

Retief Goosen, \$163,594

John Senden, \$163,594

Lee Westwood, \$163,594

K.J. Choi, \$118,969

Frederik Jacobson, \$118,969

Martin Kaymer, \$118,969

Adam Scott, \$118,969

Steve Stricker, \$118,969

Aaron Watson, \$118,969

Casey Wittenberg, \$118,969

K.J. Choi, \$118,969

Frederik Jacobson, \$118,969

Morgan Hoffmann, \$118,969

Crossword

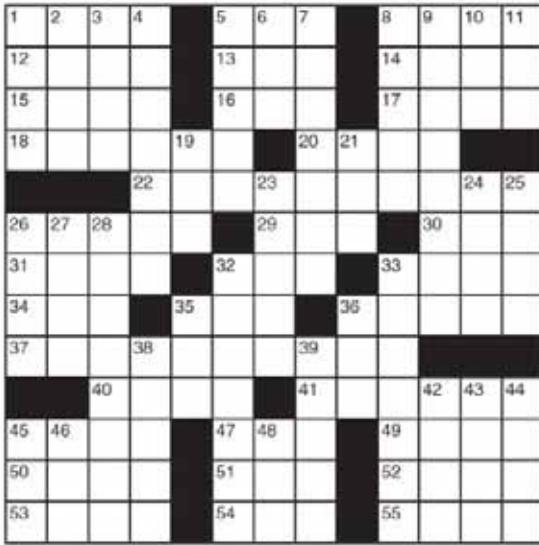
Across

- 1 Drunkards
- 5 Intention
- 8 Prayer closer
- 12 Milne character
- 13 Detergent brand
- 14 Encrust
- 15 Pound of poetry
- 16 Pouch
- 17 Secondehand
- 18 Oddball
- 20 Picnic invaders
- 22 Runts
- 26 Trite
- 29 Bit of wordplay
- 30 Ruby or emerald
- 31 — and the Tramp
- 32 Chart format
- 33 List of options
- 34 Goose, in Guadalajara
- 35 Corpulent
- 36 Surroundings
- 37 Classroom surprises
- 40 Swivel
- 41 Of a people
- 45 Met melody
- 47 Bath site
- 49 My Name Is —
- 50 Van. counterpart
- 51 Drop the ball
- 52 Largest of the seven
- 53 Gridlock sound

- 54 CSI evidence
- 55 Grate

Down

- 1 Gush forth
- 2 Creep through the cracks
- 3 Actress Spelling
- 4 With keenness
- 5 Man of morals?
- 6 Playwright Levin
- 7 Rhesus monkey
- 8 Less than 90 degrees
- 9 Rubbed the right way?
- 10 — out a living
- 11 Homer Simpson's neighbour
- 12 Conk out
- 21 Sister
- 23 Stocky, heavy-coated dog
- 24 Griffey Sr. and Jr.
- 25 Dirty matter
- 26 Feed the hogs
- 27 Mexican entree
- 28 Certain adjustment
- 32 Made like Manet
- 33 Get the sound wrong
- 35 Bear hair
- 36 Ran into
- 38 Charlatan
- 39 Marty in Madagascar is one
- 42 Houston acronym
- 43 Rainbow
- 44 Applaud
- 45 Interlaken interjection
- 46 Pi follower
- 48 Ode subject



Yesterday's Crossword



Cryptoquip

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

X H W F J ' I B N J G Z N F I B
Q Y B B C W A Z R S R T T F A Z B I
G F N Y B A X A F I Q . F S B G P J T C Q R W

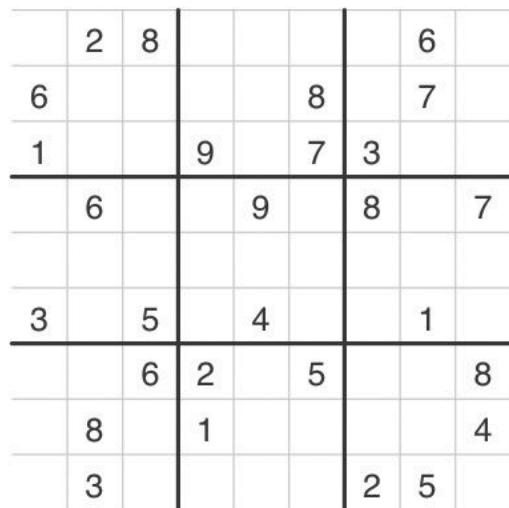
W F J ' I B H R Q A T W Q J Y B I X F I .
Yesterday's Cryptoquip: THE CROPLAND IS
CHOCK-FULL OF SNAKES. I SUPPOSE YOU
MIGHT SAY IT'S FARMED AND DANGEROUS.

Today's Cryptoquip Clue: I equals R

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Weather

TUESDAY

WEDNESDAY

THURSDAY



MAX: 14°
MIN: 9°



MAX: 17°
MIN: 7°



MAX: 18°
MIN: 8°



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"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20.

You are not the sort to compromise your beliefs and opinions and that's good because you will be challenged in some way today.

Taurus | April 21 - May 21.

Focus on relationships today and don't worry that you might miss out on a money-making opportunity.

Gemini | May 22 - June 20.

If there is something about your everyday existence that you would like to change then now is the time to do something about it.

Cancer | June 21 - July

22. You seem to be more curious than usual about your place in the universe. Don't be scared of asking difficult questions: the answers you get will be hugely enlightening, and maybe more than a little bit profit-

able too.

Leo | July 23 - Aug. 22. Don't back out of a promise today. If you let even one person down your reputation will suffer.

Virgo | Aug. 23 - Sept. 22. No

matter how many times you have clashed with someone in the past they will be on your side today.

Libra | Sept. 23 - Oct. 22.

You will become aware today that someone has been keeping things from you, but don't get upset or annoyed about it.

Scorpio | Oct. 23 - Nov. 21.

Something that never made much sense before will start to make sense today. A lot of questions that did not seem to have answers will somehow resolve themselves and you'll marvel at just how simple it all is.

Sagittarius | Nov. 22 - Dec.

21. There is an art to saying unpleasant things while making them sound reasonable, even helpful, and if you master that art today you will get a lot of things done.

Capricorn | Dec. 22 - Jan 20.

Be kind to yourself for a change: do something fun and relaxing.

Aquarius | Jan. 21 - Feb

18. You are right and those who disagree with you are wrong. That's the attitude you will adopt today and in getting things done it will take you far.

Pisces | Feb. 19 - March

20. You won't see eye-to-eye with someone you work or do business with today but you don't have to go to war about it.

SALLY BROMPTON



Win!



You write it!

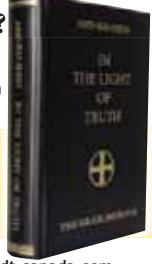
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